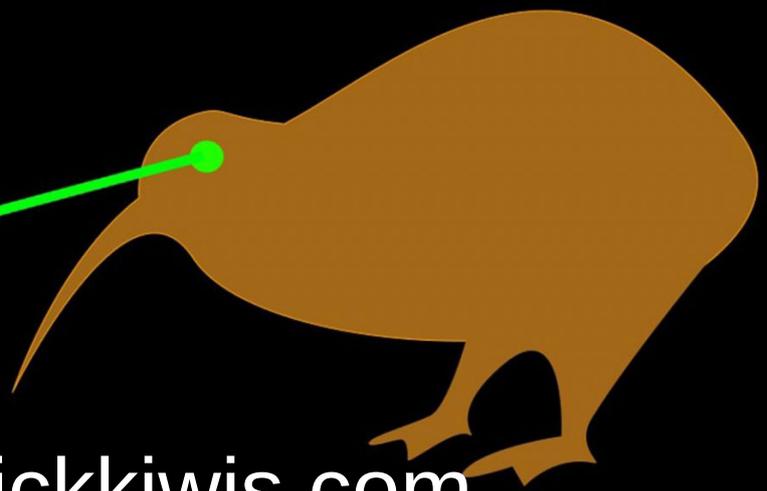




**Advice from an
Expat Kiwi
on How to Stay
Chilled and Adaptable
in Times of
Trouble and Strife**

By Simon 'the Homesick Kiwi'



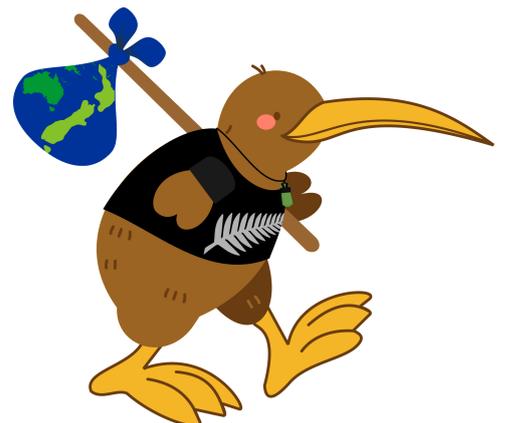
www.homesickkiwis.com

Kia Ora to all Homesick Expat Kiwis! ... and all lovers of Kiwiland

The world should know by now that Kiwis are the most chill people around. But if you're not lucky enough to be a Kiwi or you're a Kiwi that's been abroad too long, don't worry!

We've got a solution for you!

**This handy guide on how to style
it out like any cool Kiwi!**



1. See the big picture

No matter what is happening in the moment, remember that there is a bigger picture. Keep an eye on it.

2. Roll with the punches

Sometimes life can beat you up. In order to not get hurt, you got to roll with the punches. Stay flexible.

3. What's the worst that could happen?

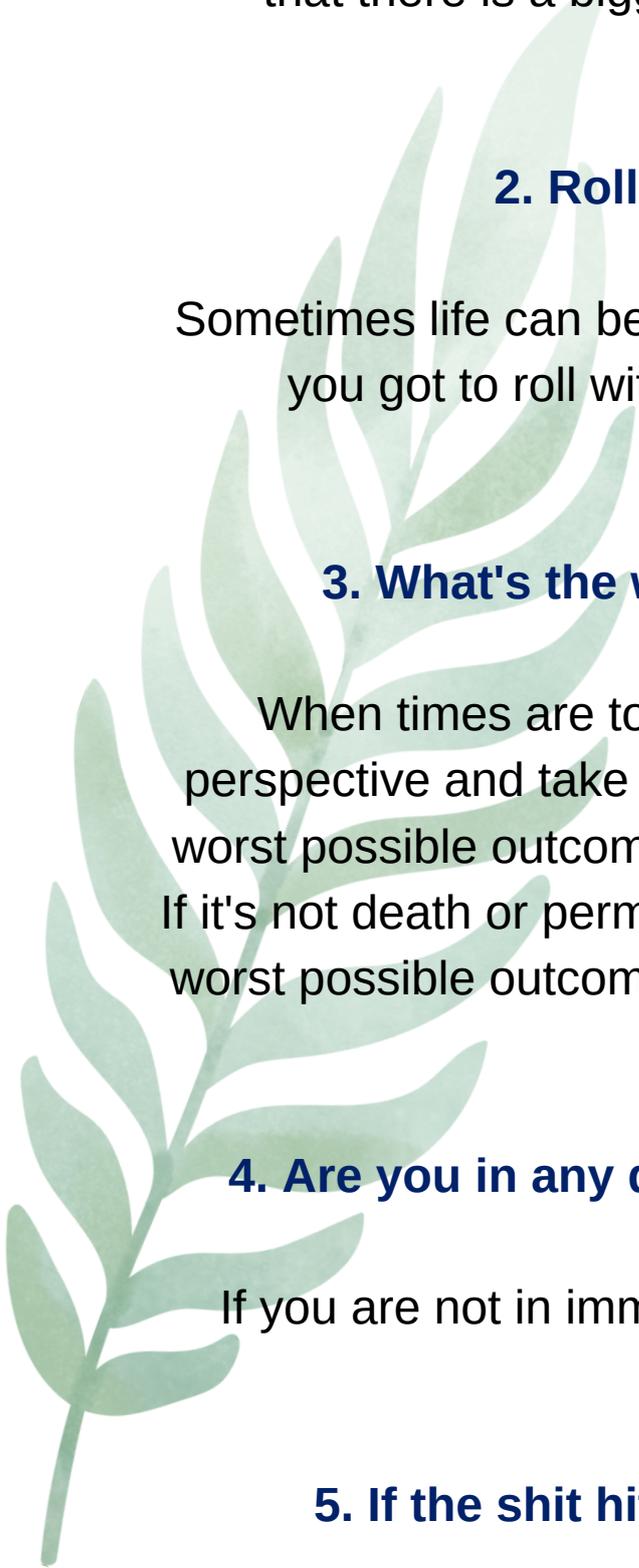
When times are tough you've got to keep it all in perspective and take a moment to think about what the worst possible outcome could be for any given situation. If it's not death or permanent injury, then don't worry. The worst possible outcome doesn't usually happen anyway.

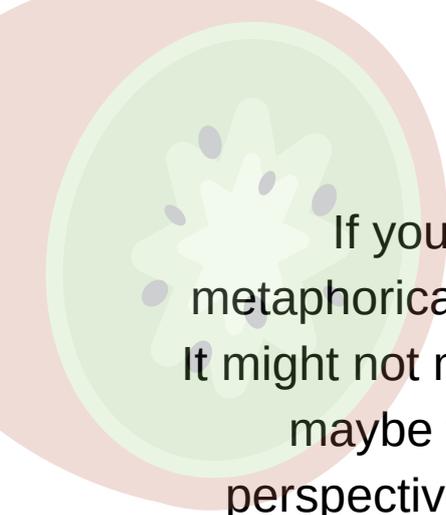
4. Are you in any danger right now? Then Chill!

If you are not in immediate danger then don't worry!

5. If the shit hits the fan, it's time to run!

Sometimes shit does get real, and if that's the case don't stay around and get yourself in trouble. Get out of Dodge. Sometimes that might literally mean running for it!





6. Move your world around

If you don't like where you are, physically or metaphorically, think about what you can do to change it. It might not mean leaving the country or moving cities, but maybe you can do something small to shift your perspective or situation and get a new view on things.

7. It's all character building

Even when things suck and times are really tough, you're growing as an individual. It might not make it easier, but it might!

8. Yoga is your friend

Yoga is good for you in so many ways. Health, flexibility, general calm. You don't have to do it every day, but every now and then can make you feel great! Yoga isn't a very Kiwi thing to do, but being calm is, so give it a go!

9. Equanimity - Vipassana, Meditation and stuff

I've done a bit of meditation over the years, and the basic take away is to stay calm, relaxed and focused.

Remaining equanimous (having equal emotions no matter what comes up for you) is key. Don't get attached to positive or negative outcomes. Also known as Chilling out!

10. You are the boss of you!

Don't let other people tell you what to do! Be your own boss, call your own shots. As much as possible anyway.

11. No Gurus, only guides

There are plenty of gurus out there trying to tell people how to live their lives, passing themselves off as the answer to all of your problems. But remember that no one is perfect, we've all got egos. So don't take all of the answers from any one person. Instead, think that anyone can be your guide, no matter their age, status or profession.

12. Listen to your instinct

On that note, if something doesn't feel right, best you listen to your feelings. After all, that's what they're there for.

13. Shoes are overrated. Go Barefoot!

If you've seen the Hobbit then you'll know it was shot in New Zealand and Kiwis have a lot of Hobbit-like habits, particularly the not wearing shoes thing. I really recommend it. You'll feel more relaxed, more grounded. So take off your shoes and walk around as much as you can! Thank me later.

14. Chill with some Fat Freddy's Drop

If you really want to get the Chilled Kiwi vibes, you can't go past listening to one of the best and most chilled Kiwi bands, Fat Freddy's Drop. Just think about the best blend of Dub, Reggae, Jazz and a touch of Funk, with an average track length of 8 minutes.

15. Check out some Flight of the Conchords

These guys are the perfect example of Kiwi cool, always getting in to tricky situations and styling their way out, in a kind of awkward way. They're super funny too and you get some cool music in the mix!

16. Don't sweat the small stuff

Probably the most important thing to remember about all of this is to not worry about it if it's a small thing. Take a moment and think, will this matter in 5 days, 5 months or 5 years? If it won't have an impact on your life in the long run, just drop it right there!

NEW ZEALAND

And if all else fails...Go to Bunnings (or B&Q or Lowes),
buy some timber, build a bridge, and get over it!
(Kiwi/Auzzie joke for ya)

I hope that helps you attain or maintain some Kiwi Cool,
to help you stay calm and go with the flow.

If you want to stay in touch with more of my writing, then
please check out HomesickKiwis.com or
HomesickKiwi.Medium.com on Medium.

Peace out
Simon, the Homesick Kiwi

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