

WE'RE TALKING TO...

KATIE PIPER

The author, activist, presenter and podcast host tells us how she maintains a healthy mindset

HOW ARE YOU SURVIVING LOCKDOWN?

'I can't moan at all because I'm not a key worker, I'm not being asked to risk my life, I haven't lost any loved ones and I'm not ill. So, in the main, I'm feeling gratitude. I try to have the mindset that I'm safe at home, not stuck at home. If you want a positive experience at this time, you have to make good things happen. Keeping to a routine and inviting creativity into your life definitely helps. I'm not waiting for experiences, I'm creating them.'

ANY OTHER TIPS ON HOW TO STAY POSITIVE?

'Ask yourself, "What am I inviting into my life that I should stop, and what should I bring into my life that's not there?". My old routine involved putting on the news every morning, but I don't do that any more. I monitor the noise and traffic that's coming into my mind, then look at the things that are in my control and I can change. All the stuff I can't control, I let go of because we need a lot of energy right now. Don't waste it on things you can't change.'

HAVE YOUR WORKOUTS SUFFERED?

'Actually, I've upped them! My husband and I have made ourselves a little home gym, plus I'm doing PT sessions over Skype and live workouts on the Fiit app, whereas I normally have to squeeze my workouts in at 5am or between meetings. I don't exercise for a bikini body. I exercise to stay fit, well and strong, to feel confident and in control, and to raise my endorphins and be happy. None of that has changed.'

DO YOU HAVE MORE TIME FOR NURTURING ACTIVITIES?

'I'm self-employed with two kids and no childcare so there's still a lot of juggling. But journalling is something I've been into for a while. I've even released a book called *Confidence: The Journal* (Quercus, £9.99), which is full of motivational quotes,

affirmations, mantras... all the things I use as part of my daily ritual. Anne Frank journalled in isolation, and it helped keep her sane. You can benefit a lot from writing down your thoughts.'

WHAT HAVE YOU LEARNT FROM DOING YOUR PODCAST?

'I'm on the third series of my Extraordinary People podcast and I learn something from every amazing individual I talk to. Now more than ever, there's a huge appetite for positive content because people are seeking out things that will nourish their souls, inspire them and perhaps give them some escapism. I lead a bit of a dual life, working on my Katie Piper Foundation, then spending time in the celebrity world, but talking to people who've come back from trauma and tragedy helps keep me grounded.'



Katie writes down her thoughts in a journal