



Keeping the Balance

These are tough times. Humanity has seen these challenges earlier and they all passed by. This will also pass by. But while it is at our doorstep, it will pose challenges and could cause damage. It is prudent to take care and protect ourselves.

Mind Shift is a powerful tool. It's the change in our perception that will make a sea of change for us. Look at the following concerns.

1. I AM STUCK AT HOME

I get to be SAFE in my house and able to spend time with my family

2. I WILL GET SICK

I will self isolate and wash my hands periodically. This will significantly DECREASE my chances of getting sick.

3. I WILL RUN OUT OF ITEMS AT HOME DURING SELF ISOLATION

I have prepared for this and will use my items wisely. I have everything I NEED for now.

4. EVERYTHING IS SHUTTING DOWN, I AM PANICKING.

The most important places, such as medical centers, pharmacies and grocery stores are open.

5. THERE IS TOO MUCH UNCERTAINTY RIGHT NOW

While I cannot control the situation around me, I CAN control my actions. Doing breathing exercise, calling loved ones, getting enough sleep and proper nutrition, prayer and doing activities I love at home will all help during this time.

You see the change? That's the way to go!

Develop a routine for your day to day activities. Routine helps in keeping yourself grounded. Remember you are **SAFE**, there are people out there who are working day and night to keep everyone safe. So do say a prayer of gratitude for your position.

Learn mindfulness technique and focus on here and now.



Positive Attitude

The more you focus on health, the better the positive vibrations. The more you focus on Corona Virus, the more the negative vibrations. Positive vibrations are needed now, to help restore balance in us and the world.



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