

LOOKING AFTER YOURSELF DURING COVID-19 PANDEMIC

Learn more from the people you admire, they tend to hold similar strength and talent as you. Share your sorrows and disappointments with someone you trust - remember, expressed feelings are changed feelings. Put no one's head higher than your own. You are not everyone, but you are one. Therefore, no one should make you feel inferior. Practice being a positive, encouraging person. Each time you give others a word of encouragement you not only feel better, but you build up your best self. Every day - eat well, get enough sleep and exercise physically. Live in the moment, think about today. Be rest assured that things will get better eventually, and back to normal; the world is not collapsing.