



TAKING CARE OF OURSELVES

For us to move forward through challenges and change brought about by the Covid-19 pandemic, is to understand that we don't create our world and success outside in. We create it inside out. This means that our circumstances and the events that happen outside us in the world are not meant to define us. We are meant to define our circumstances. The power is not in the circumstance. It's in our state of mind and the love, passion, soul, purpose, and perspective that we lead and create with. Life is filled with challenging circumstances, but we can rise above them. Life is hard, but we are strong. The struggle is real, but so is our ability to overcome it.

Scientific research has shown that mindfulness can reduce stress levels and help people feel more creative, resilient and focused. Mindfulness is all about being in the moment, with an accepting and non-judgemental attitude. You can do anything mindfully - eating, walking, even spending time reading books you like. Another study conducted in 2016 found that we tend to see weaknesses as more changeable than strengths. When we focus on developing our strengths, we grow faster than when trying to improve our weaknesses. People who use their strengths are happier, less stressed, and more confident.

Taking care of ourselves means we need to:

- take the time to re-connect with ourselves, replace our fears with trust, and learn to let go of the things we cannot control
- listen to our intuition, embrace all of our imperfections, and stay authentic to who we are.
- ground ourselves in the present and make mental space to find clarity
- discover our interior barriers and find courage to dissolve them
- be gentle with ourselves

