



BEING REALISTIC ABOUT WHAT WE CAN AND CANNOT CONTROL DURING COVID-19

As we navigate through the pain and adversity of Covid-19, the tendency is to worry too much about the things that we don't have any direct control of or are far beyond our grasp. These are things that we cannot alter their outcomes. Despite that, what we can control is how we react to the situation and make the most of our resources. Let us focus on the things we can change and make the most out of each situation. In the same way that we may not be in control of where we were born, but we are free to choose where we want to live.

All things are temporary and are bound to change whether we like it or not, including Covid-19 pandemic. Let us learn to express our own feelings – and avoid keeping them bottled up inside us. We can share our sorrows and disappointments with someone we trust. Remember, expressed feelings are changed feelings. We can maintain relationships with family and friends - so we can call on for emotional support.

The environment, people, and technology are constantly changing. The worst thing we can do is to cling to old ideas because we become too comfortable or just too afraid to embrace change. To survive and thrive in these moments, we need to acknowledge what has happened, accept what we cannot control, and address what we can.

We all have different agendas in life. We live in a different environment and culture and it is difficult to see people having different ideas than what we have. What we can control is our own view about the world and what our lives should look like.

Today matters - time is beyond our control and it is our most valuable asset. It does not matter if one is rich or poor, young or old. We all get to live the same 24 hours every day, but some people neglect to use its value until it is too late. Let us flood our thinking with positive things we can do today that will alter the reality of our lives. If we look back, we are going to trip moving forward. We should strive at making peace with our past and focus on the present.

During the Covid-19 crisis, as a person, be kind to yourself. Respond to challenges. Be forgiving. Be passionate about everything you do. Laugh a lot. Choose your company with utmost care. Maintain an attitude of gratitude. Feel how you feel. Whenever you catch yourself worrying, repeat the serenity poem to yourself:

“Grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.”