

APRIL 2020

WELLTHOUGHTS

Month of Self

THINGS TO DO AT HOME

1. *Complete a puzzle*
2. *Start a journal*
3. *Meditate*
4. *Skype your long-distance friends*
5. *Learn calligraphy*

SOMETIMES WE'RE TESTED NOT TO SHOW OUR WEAKNESSES BUT TO SHOW OUR STRENGTHS.

Dear Wellthoughts Readers,

I know the days seem long and it's become difficult to see the light at the end of the tunnel. We've all been experiencing the "I'm in my head syndrome," wondering when our lives will return to normal. I've especially realized in the past few weeks that in life, we can't control what happens to us, but we *can control how we respond* to it. Within every challenge lies an opportunity, sometimes it just takes a little more time and effort to truly see it. This lesson not only applies to situations, but also to people. Just think, if you can overcome how you respond to our current situation, you have the strength to overcome anything - think of how much your relationships with others will improve! We have the time now to work on ourselves - I've been taking a lot more time in my day to pray and meditate, both of which have brought a newfound sense of peace despite the chaos. If there's something or someone in your life that you've been struggling with, we challenge you to take the month of April to change your *self*, and see how your perspective and emotions begin to change.

-Jac & Drew

"Keep your heart with all diligence, for out of it are the issues of life. The way you act is determined by your attitudes and intentions. People and circumstances may influence you, but you do not have to give in. You do what you decide to do."

-Proverbs 4:23



FEELING ANXIOUS ABOUT COVID-19? TRY THESE STRATEGIES

Written by Dr. Fiona Smulders

Almost everyone experiences anxiety to some degree. This usually happens when we get wrapped up in our own thoughts and worries. For many of us, the current coronavirus pandemic brings up a lot of fear, worry and uncertainty. Feeling anxious is absolutely normal and it is very important that we stay kind and compassionate with ourselves and others while we all move through this uncertain time together. I have written this article to help you identify and manage anxiety so you can feel more grounded and resilient during this time.



CORONAVIRUS: MANAGING STRESS & ANXIETY

Written by Dr. Joti Samra

In recent weeks, news of coronavirus (COVID-19) has been at the forefront of many of our minds. For some, the news has increased anxiety and concern about personal risk. The first step in managing this type of anxiety is educating yourself. So, here we are going to talk about what the coronavirus is, signs of infection, and prevention recommendations.

Fear.

Something comes up.
No matter how big or
small,
How deep or shallow,
How entrenched or
recent,
Let it go,
Not letting it go feeds
fear,
Fear keeps us stuck,
Blocked fear feeds anger,
envy, jealousy,
frustration, and
competition.
What then?
Work with our heart
Keep it open
The energy moving,
Releasing blocks
Releasing fear
Fear will surface its ugly
head
We need not summon it
We deny, we cling
We avoid, we hold
We reject, or we grab
We block
When it shows up,
See it, touch it, feel it,
Acknowledge it
But don't follow it
Smile at it,
Accept it,
Welcome it, embrace it
Be aware and then let go
Gently send it on its way.

- Sonee Singh