



Counselling Workroom – Positive thinking in COVID-19



Coronavirus stresses us out. We find ourselves living in constant anxiety – worried about whether we have enough supplies, what if my family and I get sick. We are unsettled by the rising numbers flashing on the news, and annoyed by the quarantine induced demon known as boredom. One question sums up this state of mind:



Facing this trudging war against coronavirus, resilience is crucial. We need to **inject ourselves with a healthy dose of positivity** on a daily basis. Through these times, we can learn how to **convert crisis** into **opportunity, emptiness** to **fulfilment**.





Information

Limit yourself to a few reliable sources. Yes, it is important to **fact check** and **confirm the validity** of what you are reading, but equally as important is to not overload your brain with information. Too much information can become confusion instead of clarification, and cause further unneeded concern.

Acceptance

We need to **draw a clear line** between what we **can control**, and what we **cannot control**. Time and effort spent on thinking about things we cannot control is time and effort wasted. We have to learn to accept. What are the things we can't control? When the epidemic will end, who will get infected...? Throw these haunting thoughts out of the window! Let's **try to accept the new "normal"**.

Action

So, what can we control? Besides washing our hands, boosting our immune system with proper diets, wearing mask and staying inside, is there **anything that you wanted to do but couldn't due to a lack of free time?** May be an on-line course? Drawing? Writing? Set your personal goal and plan, **start today with an easy one first**. At the end of the day, check out your achievement. Let's instill a sense of meaning in our chaotic world.

Problem-solving

How would you solve problems when facing difficulties? Can you still adopt the same method in new circumstances? Do you need to find new ways?

Problems are not problems if you see it as an opportunity to exercise your creativity. If you don't have a mask, how about making a DIY mask? Turn the impossibility into possibility.



Perhaps the most ignored area of self-care is self-check. Am I doing well today? Am I struggling? Am I feeling angry, sad, or irritable? Am I able to handle the situation? Do I need help? **We must tend to our body and mind in order to tread further in the journey of life.** So, if you feel overwhelmed, don't hesitate to reach out to friends, family, or counsellor. Maintain exercise, healthy diet and enough sleep as well as finding time to enjoy yourself such as reading, writing diary, meditation, running, or yoga.



Thankful for today's technology which connects us with our family and friends through texts, whatsapps, emails, social medias and live videos. Do you think about **taking action to care about someone whom you didn't have time to care about before?** Seize this precious opportunity to re-connect and re-build your relationship with friends and family. It may surprise you!



All worries and fears only exist in the future. We need to **focus in the present**, and **make this coronavirus become something meaningful.** Someone chose to complain while others chose to grab this opportunity to learn new things, to reconnect, to tidy up and to gain knowledge. This coronavirus is only temporary not permanent, environmental not personal, special not typical. What's your choice today?