

## THE SPEAKING TREE A SHOT OF HOPE

# Ways To Stay Positive In The Midst Of A Storm

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The world has been going through an unprecedented crisis for over a year. Just when we thought the worst was over, the second wave has hit us. When the outlook is all gloom and doom, even the most optimistic among us find it difficult to remain cheerful.

We cannot take the virus lightly. It continues to inflict untold misery on people the world over. However, getting drawn into a negative mindset can be counterproductive. You need to keep track of developments on the coronavirus to take proactive steps. But you do not need to be obsessed over it. Focus on the positives to gain the vitality and resolve to weather the storm. Here are some things you can do to remain calm.

First, ensure you have a healthy diet of spiritual content. Devote an hour a day to the intake of powerful, positive thoughts. Reflect over them and apply them in your life. Prepare a schedule of activity and stick to it as much as possible.

Schedule a slot for physical exercise. It makes for a more cheerful attitude in life and generates energy. Maintain a sense of humour and discuss cheerful stories. Watch inspiring movies that take your mind off despondency and give you the muchneeded impetus to go through the day's routine.

Remember that things could be much worse. At least you have a loving family, enough financial resources, a wonderful circle of friends and so much more to be thankful for. The current crisis is a passing phase that will vanish before you know it. So, take things in your stride.

Develop the attitude of sharing, caring and serving. When you think of yourself, you feel dejected, lonely and miserable. Espouse a larger cause, a nobler ideal, and you are full of beans, enthusiastic and motivated. Offer help to people in need. Just the thought of giving brings a smile to your face and lifts your spirits.

Be kind, gentle and courteous to people. They are finding the situation just as frustrating as you are, perhaps more. A little empathy goes a long way in

making them feel loved. Make a conscious effort to put yourself in their shoes.

Do all the things you always wanted to but never found the time for. Learn how to cook, play an instrument or even master bridge. Cultivate a hidden talent, enrol in a course that will improve your skills at work. Study the Bhagwad Gita. Now is the best time to get into learning mode.

Take a daily inventory of all that you have been gifted with – unasked for and unacknowledged. Close your day with a positive recognition of at least five things you should be grateful for. It will help dilute some of the negativity you may have absorbed through the day.

Any challenge seems formidable and daunting when you feel isolated from people. Feel one with your family members and friends, reach out to those you may have had an altercation with or have a negative relationship with. Include them in your circle of love.

You will develop the resilience to face any challenge.

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