

COPING WITH STRESS DURING



COVID- 19

During this pandemic, many people's routine has been disrupted and the sense of security has been threatened in the areas of health, mental wellbeing, financial stability and so on.

There has been much uncertainty about our safety toward the present and future. It's totally normal to experience all kinds of feelings like anxiety, fear, anger, sadness, and frustration during this time.

Mindfulness can help us recognize what's going on in the current situations, how we are feeling, and how we are relating to those situations moment by moment.

When we are able to remain calm, we could stand in a better position to evaluate different aspects and conditions in the circumstances, to have the opportunities to see more clearly, and gain control over how we respond to things.



There are different ways to cultivate mindfulness, and many of them can be practiced in our daily lives. Before we introduce them, here are some important mindsets that we would like to talk about first:



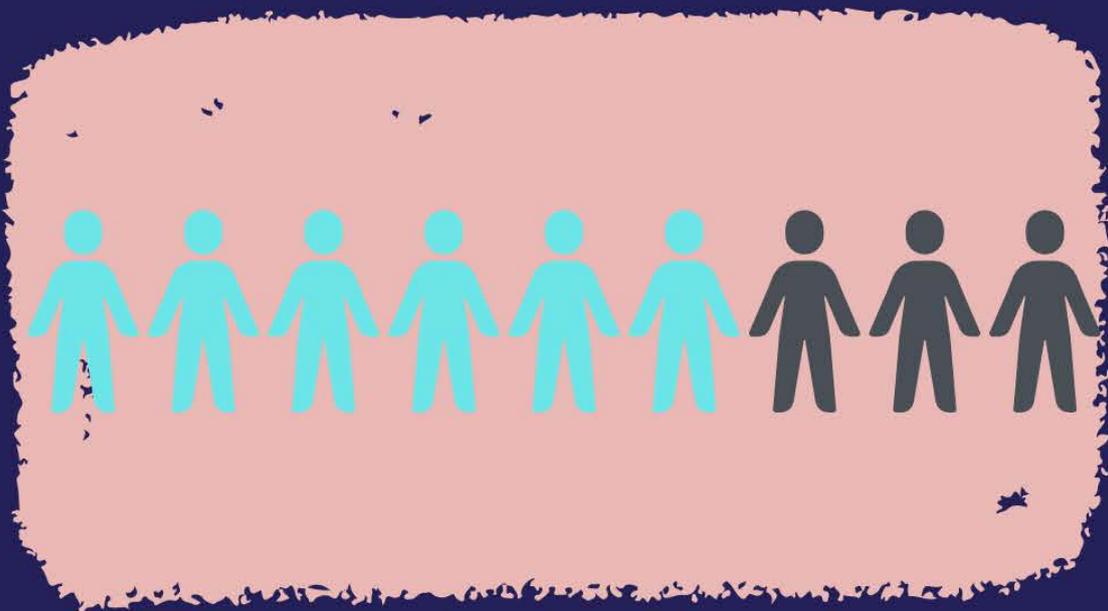
- Being kind and non-judgmental to ourselves.
- Patience, it takes time to practice.
- Beginner's mind to be open with what we experience.
- Trusting the process.
- Accepting what it is that we are experiencing.
- Letting go what we wish to be.
- Compassion (see suffering and bringing kindness to it)

Let's begin with “mindful eating exercise”? This exercise involves eating slowly and consciously. Being fully aware of how, why, and what you eat is beyond the understanding of basic nutritional principles. If you have ever tried some form of meditation, like yoga, mindful eating would work just great for you too.



1. Your shopping list. The health value of every item is important. Plan ahead before you do your grocery shopping to avoid impulsive purchasing.

2. Be appreciative before you dig in. Silently express your gratitude for the making of the meal and for the people you dine with.



3. Bring all your senses to the meal. Pay attention to color, texture, smell, or even the sounds that different foods make.

4. Take small bites.

5. Chew thoroughly.

6. Swallow slowly.