

# COVID-19

## Positive Approach of Mind

Many countries are facing unprecedented challenges due to COVID-19 and its impact on people all over the world continues to grow. The most common emotion faced by all is fear. It makes us anxious, panicky and can even possibly make us think, say or do things that we might not consider appropriate under normal circumstances. Following a normal routine, doing household work, exercise with following five things can help us stay positive:



### Meditation

It helps to enhance our immune system and by doing so can protect us against diseases.

### Gratitude

This life on Earth is precious and we should feel grateful for things which we have.



### Helping others— goodwill and compassion

The act of helping others naturally creates a sense of goodwill and compassion and positive energy.

### Forgiveness

Working on forgiveness can help us increase our self-esteem and give us a sense of inner strength and safety.



### Be productive

Staying home should not make us idle. We should be productive for our organisation while at home.