



TIPS ON STAYING POSITIVE DURING THE COVID-19 CRISIS



ACCEPT THE SITUATION

For now, this is the new 'normal' and all we can do is take preventative measures and calmly prepare for the future.

START THE DAY WITH A PLAN

If it hasn't yet, your routine will likely have to change. Ultimately, how you spend your time is up to you, so try to make what you do matter.

THINK OF CREATIVE SOLUTIONS

Parents can come up with new activities for their kids. Entrepreneurs can brainstorm relevant solutions for a world after COVID-19.

STEER CLEAR OF DRAMA

To minimise confusion, fear and panic, choose to only follow and engage with reliable sources. Also, you probably don't need to check for updates every 15 minutes.

HELP OTHERS

If you're in a position to help others in any way, go for it. Point people to reliable information sources; send messages of comfort; perhaps even make a donation.

RESTRUCTURE YOUR LIFE

Goals give you purpose and progress fuels hope. So, relook at your resolutions and goals and how you can adapt to achieve them.

AVOID A SEDENTARY LIFESTYLE

Sitting can kill you. Get up and go for a walk or a run, ride your bike or move along to a free YouTube exercise video. There's Yoga, Pilates, Zumba, HIIT, Aerobics... The list goes on. It'll also improve your mental health.

TRY SOMETHING NEW

Learn a new language via an app; try origami (paper folding) or knitting; pick up an instrument; try a challenging recipe...

EVOLVE THE WAY YOU CONNECT WITH OTHERS

Technology is amazing in times like these so take advantage of video calling to stay in touch. Maybe even start a vlog or a blog!

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