

Know the Facts

Mind & Spirit



We stay safe, healthy, hopeful and well amid Covid 19

In response to the unprecedented public health challenge with its social, psychological and economical impacts on all of us we must all be pro-active, diligent and responsible for ourselves, our families, and our communities, locally and globally.

Besides religiously following the directions of the specialists we should also take care of what we can control: eating healthy food, exercising, sleeping, resting, releasing stress, meditating, listening to music, reading books, unwinding play games or playing with our pets and doing anything that makes us vibrate at higher level helping us get grounded despite our anxiety, fear of the unknown and even grief.

The World Health Organization Director General Tedros Adhanom Ghebreyesus has given some advise on how to stay healthy and stress-free while staying at home during this time. "Life is changing dramatically for many of us, but it's important to continue looking after your physical and mental health", the WHO chief said on Twitter. He recommended a healthy nutritious diet to help our immune system to function properly, limiting alcohol and sugary drinks. Not to smoke; as it may increase your risk of developing severe disease if you become infected with the virus. Exercising and movement daily. In fact Harvard Medical School recently issued its health guideline that yoga, meditation and controlled breathing are "some tried and true ways to relax". They believe that it can lower the risk of contracting the coronavirus disease. There are several benefits for doing yoga. It reduces stress levels, lowers blood pressure, improves lung capacity, and last but not least looking after our mental health.



Picture courtesy from Anna Moni, Athens, March 2020



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Is it normal to feel stress, fear, panic or even grief?

A screen full of faces in a meeting is becoming common everywhere, sometimes shaken, full of uncertainty, fear and even grief. David Kessler the world's foremost expert on grief believes it's important to acknowledge the grief we feel how to manage it and find meaning in it. Below is a summary of what he said in an interview given to Scott Berinato, senior editor at Harvard Business Review We're feeling a number of different griefs. We witness the world changing, with a loss of normalcy, the fear of economic toll is hitting us and we're grieving. Collectively. We are not used to this kind of collective grief in the air. We also feel anticipatory grief. Anticipatory grief is that feeling we get about what the future holds when we're uncertain. Usually it centers on death. With a virus, this kind of grief is so confusing for people. Our primitive mind knows something bad is happening, but you can't see it. This breaks our sense of safety. We're feeling that loss of safety. Individually or as smaller groups, people have felt this. But all together, this is new. We are grieving on a micro and a macro level.

How to manage grief?

To manage grief we have to understand the stages of grief.

- Denial, which we say a lot of early on: This virus won't affect us.
- Anger: You're making me stay home and taking away my activities.
- Bargaining: Okay, if I social distance for two weeks everything will be better, right?
- Sadness: I don't know when this will end.
- Acceptance. This is happening; I have to figure out how to proceed.

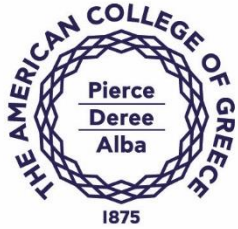
Acceptance, as you might imagine, is where the power lies. We find control in acceptance. I can wash my hands. I can keep a safe distance. I can learn how to work virtually.

You can find the full interview here

https://hbr.org/2020/03/that-discomfort-youre-feeling-grief?utm_source=facebook&utm_campaign=hbr&utm_medium=social&fbclid=IwAR2IS-by_pH7JEHyMolwnXczdQK0GqGnMpB_Sjwred_XmrR2WDkrL6dWzjM



Picture courtesy from Stephanie Stephanidis, London, March 2020



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Is there hope?

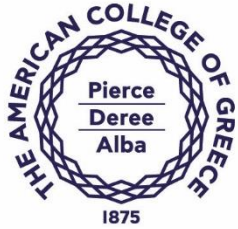
in these uncertain times, with whole countries and systems shutting down due to the tragic numbers of infections and fatalities, many people are more disciplined and united towards one goal. In spite of the dark moments in human history we still see a glimpse of hope and goodness.

- We have seen people singing morale boosting songs, dancing, clapping their hands from their balconies for respect and appreciation to medical staff, sending motivational and uplifting messages and songs by policemen in Spain in self isolation in solidarity with each other.
- People becoming more creative in terms of using the media for communication to reconnect with friends and loved ones, close or far by phone, mail, skype and other. Some going as far as organizing virtual clubbing and parties to ease the tension.
- Despite the panic stories with people fighting over toilette paper and food, Covid 19 has triggered acts of kindness around the world: 1300 volunteers enrolled in less than 72 hours in New York to deliver groceries and medicine to the elderly and vulnerable, "Caremongering" group in Canada, over 7000 volunteers in Greece in the medical field and many others. Supermarkets in some countries created a special "elderly hour" so older shoppers and those with disabilities have a chance to shop in peace.
- Individuals and companies donating money for medical equipment
- Our environment is changing pollution dropping, waters clearing
- Governments have recognized the cruciality of building solid health care systems which should be available for all.
- It is unprecedented how many libraries, museums, opera house, galleries all over the world have offered virtual tours, use of books, concerts all for free and in the comfort of our living rooms.



Angelina Giovani, DC 2015

So yes there is hope now that we have been humbled, individually and collectively, we have finally realized that all human beings are equal and need to be united for everyone's wellness. One for all and all for one. NAMASTE



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Words for the Wise

As we are navigating the unprecedented challenges as the COVID-19 pandemic which is disrupting our lives we should concentrate on what we can control:

1. Create a daily routine/a discipline and stick to it (get up, shower, get dressed no PJ's all day long please)
2. Listen to the news 1-2 times/day Max. to get informed only
3. Recognize and discuss your fear, stress, anxiety and grief
4. Spend time outdoors when and if allowed
5. Get a good sleep
6. Bond over home-cooked healthy meals with your family
7. Call, chat, skype and stay connected with friends and loved ones close or far
8. Enjoy a cup of coffee or tea somewhere in the sun ☺
9. Use your quarantine or isolation time to make art crafts, exercise, meditate dance, garden or any thing that grounds you and helps you find inner peace
10. Use this reflective time for your own personal spiritual growth. Over the coming days, months we have an opportunity to look inward and find a new kind of reality—so we can then demonstrate it when we return to society at large again

