



Thought Channelising during COVID

THOUGHTS RUNNING IN MY MIND

This is a disaster. We can't overcome it.

My freedom is threatened by the lockdown. I can't sustain this for these many days.

I can't control anything. This is fatal.

I notice I get anxious and restless often.

I don't know what to do the whole day apart from surfing the internet.

I will put on weight by the end of the lockdown.

Life sucks without meeting the close ones

WHAT I CAN CHOOSE TO THINK

The whole of humanity is coming together to fight a natural threat in the form of a virus. And this lockdown is an essential step towards it.

I am aware that the lockdown sounds difficult and seems to affect the freedom I have. But I am also aware that freedom is also to do with choosing what you understand is right or good at this point. That could mean accepting some discomfort and boredom to protect oneself and others.

I cannot control the virus or what's happening outside. But I can control the measures that I must take to be safe and in the house.

Identify when does it peak - by watching the news, or by sitting idle. Avoid that behaviour and try and find out what makes you feel calmer and do it.

While I have all the time to do everything I want, I am going to plan and structure my day. Choose to avoid things that will cause boredom, anxiety and restlessness and focus on things, activities that help me be calmer.

I can exercise regularly, eat healthily and choose healthier ways to maintain my weight with the limited resources that I have. It is a difficult time period and my priority is my safety and mental health.

I miss people meeting personally. Until that can happen I will choose to chat, audio call or video call them or just write letters to different people when I feel, they'll be glad to read it when we get a chance to meet in person.