Maintaining Positivity During COVID-19

Due to COVID-19, we are in uncharted waters, navigating an unprecedented event that is changing the way we live.

Staying positive and optimistic during times of crisis can be challenging, but it is critical to your mental wellbeing and immune system. Due to the limitations caused by the COVID-19 pandemic, even individuals with the brightest of outlooks may be having a hard time staying positive. Remaining optimistic in the face of social distancing and isolation, constant news about the virus, possible loss of income, communal grief, uncertainty, and gripping fear, requires conscious effort and continuous mindfulness.

With all this sudden downtime on our hands, it can be difficult to know how to fill the days indoors. Here are some things you can try to help you stay positive:

Start your day with a positive routine

Morning routines are important to begin with, but even more so during times of crisis. Do not reach for your phone to check the news as soon as you wake up or while you are still in bed. Take a few minutes to find yourself – and smile. You would be surprised at how powerful a morning smile can be in helping you start your day on a positive note.

Incorporate laughter into your day

Laughter is one of the most important steps you should take in improving your positivity to benefit from a more optimistic outlook during this pandemic. Everything from stimulating your organs to lowering your stress levels, improving your blood circulation, strengthening your immune system, and even relieving physical pain – *laughter is the best medicine*.

Stay connected – Embrace Technology

Currently social distancing is paramount and is key to slowing the rate and spread of Coronavirus cases. The downside to social distancing can be feelings of isolation and loneliness. Just because we are all practicing social distancing, does not mean we cannot stay in touch with family and friends.

There has never been a more important time to reach out and check in with people in your life, especially those who may be facing employment uncertainty, who are at-risk, or who may be older or immobile.

Practice simple mindfulness techniques

These can be as simple as deep breathing for one minute, stretching mindfully, or simply taking some time out to enjoy a quiet cup of coffee. Try an app such as Headspace to access short mindfulness meditations..

Practice Gratitude

Gratitude is when we focus on the things we have in our lives to be thankful for. This can be acknowledging little things such as the support from a family member, being able to have a video call with our friends or being able to make a nice meal for ourselves. It is important that when things are changing a lot around us we are grateful for the little things that keep us going each day. Gratitude has been found to increase happiness if done consistently. Simply write down five things you are grateful for each day and see what positive emotions manifest long term.

Get your information from credible sources only

There is so much Coronavirus information out there – some is true, but a lot is not. Everyone seems to have their own opinion about how things will pan out, but often opinions are expressed in fear, distress and anxiety. It is important that we do not get carried away with negative, unsubstantiated news about what the future may hold. Limit your access to social media and news: listen to or read it once a day to keep informed and so that you are not constantly bombarded with bad news – switch off your news feeds, talk radio and email alerts.

Keep moving

Even though we have social distancing measures, it is important that you still go outside, get some fresh air and exercise regularly, even if it is in your own backyard. If you are not regularly active, make exercising a priority and incorporate into your day. Try yoga, or resistance training. Apart from its physical benefits, exercising releases endorphins in your body, which triggers feelings of positivity.

Get plenty of sleep to keep you revitalised and resilient

Sleep lowers your stress hormones and boosts your immune system. When confronting the COVID-19 pandemic though, sleep becomes even more essential because of its wide-ranging benefits for physical and mental health.

- Sleep empowers an effective immune system
- Sleep heightens brain function
- Sleep enhances mood
- Sleep improves mental health

Getting consistent, high-quality sleep improves virtually all aspects of health, which is why it is worthy of our attention during the coronavirus pandemic.

Remember that it is normal not to feel positive all the time and it does not mean there is something wrong with you if you do not. We are in a situation now that none of us could have prepared for so it is okay if you are worried at times. If this worry is making you feel overwhelmed, talk to someone about how you are feeling.

Separate everyone of you is doing your part to save lives whether that's by staying home to protect your families, colleagues, friends and neighbours, or by leaving home to keep the country going as a key worker. On behalf of the company I thank you for this, and wish you and your families the very best at this difficult time.

The current situation may be challenging but we will get through this together.