

Increase Your Positive Wellbeing in Uncertain Times

In this COVID-19 pandemic, everyone is scared about what's coming their way which is creating uncertainty and leading to a lot of mental pressure. People have amalgamated a lot of information about the virus but its authenticity isn't clear.

How we can bring the change from inside to outside so that we can manage ourselves not only in this present crisis but also in all difficult times. The key is "Power of Mind over Matter". How we can control our thoughts and motivate our wellbeing through positivity. When talking about positivity, the control comes when we start focusing on our possession, what we have, and avoid getting distracted with what we don't have.

We need to focus on how fruitfully we have used this time to introspect and improve ourselves. We can focus on our long lost hobbies, develop new skills, take a break, spend productive time with our family, and possibly do nothing and just focus on the present. These keys were used to develop a positive attitude. A few techniques which we can practice and make the best use of the knowledge gained are listed below.

1. Visualisation Technique
2. Mindfulness
3. Meditation
4. Relaxation
5. Healing power of mind
6. Affirmations

Corona Virus is contagious, so is Positivity

Hope you all had a positive experience:

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