

LIFE HACKS: POSITIVITY DURING QUARANTINE



Learning how to stay positive in negative situations helps toward living a healthy lifestyle. Here are 5 life hacks to help you stay positive during COVID-19 quarantine:

1. Be happy

Surrounding yourself with positive people (and positivity online) will help you stay positive during this uncertain time. There are plenty of negative people out there—avoid them! Negative attitudes will only bring you down. Also, set the example, when you are positive, then likely your friends and family will follow your lead as well.

2. What Are You Grateful For?

Even in the worst of times, most of us realize that we still have things in our lives for which we are grateful. Say it out loud! Practice gratitude. Keep a journal (maybe even a family journal.) Talk about the things your entire family is grateful for. Develop a family mantra! Say it together at the start of everyday. Actively acknowledging what you are all grateful for will help your family able to always have grateful minds and hearts.

3. Be Mindful

Do you constantly question your actions or beat yourself up mentally? Retrain your brain. The more you talk negatively to yourself, the more that negativity will become a part of you. Instead, practice the power of positive thinking. Any time a negative thought comes into your mind, replace it with a positive one. This will become more natural as your brain automatically turns a negative into a positive.

4. Exercise Your Mind

We know that exercise is good for our bodies, but what about our minds? Sure, it is! It releases those natural endorphins in our brains that make us feel better. Exercise has physical as well as mental and emotional benefits. Getting out there and moving around will keep your body in better shape, and will boost your self-esteem. Yoga can also help you learn to really focus.

5. Change can be great

Many of us are resistant to change in our lives. That is why being quarantined is so taxing on everyone. We are used to doing what we want, when we want. But, now we must learn to accept that things aren't in our control. We must learn to adapt. We have to follow some new rules. There it is, change! These changes are foreign to us. And, they are also limiting!

So, what can we do? No, you can't travel where you want to right now. Yes, you are spending lots of time at home with your family – in really close quarters. So, let's look for the positive. Is this the chance for all of us to recalibrate and focus on what is truly important? Yes, yes it is. So, what is more important than our family and friends? Nothing! Let's learn to appreciate each other again. Relearn how to communicate in different ways. Stay connected. Once we put this negative situation into perspective ... surely, we can come out on the other side more appreciative, grounded and content.

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Remember, we're all in this together! Best Care EAP counselors are here to help. Schedule your confidential appointment by calling **(402) 354-8000** or **(800) 801-4182** or send an email to eap@bestcareeap.org.

