

INSIGHT

WTC COMMUNITY WEEKLY



Staying Positive

We are all desperate to go out now. Some of us may crave our favourite food or feel stressed because we can't even leave our home for fear of the virus. To make matters worse, your immunity weakens when you are stressed.

Staying at home doesn't necessarily mean being less productive. In fact, you can have time to love and understand yourself more than usual. Here are some tips to stay sane and stay healthy! Also, don't forget to wash your hands frequently.

- Maintain a routine
- Filter information
- Believe that everything will get better soon
- Stay connected
- It's okay to be not okay

Take your time and have a little talk with yourself. You don't have to feel guilty because doctors, police officers and other people fighting harder than you also share the same feeling. Your stress is just as real. Accept it, get over it and move on.

Yours trully,

the community editor

POSITIVE SELF TALK

Here are some examples of positive self talk:

- I am proud of myself
- This took courage
- I am in control of my thoughts
- I can only control my actions
- I am enough
- I accept myself as I am
- I can do hard things
- I can overcome this
- Tomorrow is a brand new day
- This was a learning opportunity
- I can make a difference