

NOVEMBER 2020 - ISSUE 33

INSIGHT

WTC COMMUNITY WEEKLY

Overthinking

So a lot of things happened last week.

On Monday the 9th, Pfizer & BioNTech announced that an early analysis of its coronavirus vaccine trial suggested their vaccine was more than 90% effective in preventing Covid-19. Then, this Monday, Moderna announced their early clinical trial data showed 94.5% success rate.

Obviously it got us thinking, and hoping. *Can I resume a normal life after I get a shot? Should I start planning for holidays next year? Will I still need to wear a mask?*

Well, hold your horses people.

While these are exciting news, there is no need to overthink it. If anything, it could lead to anxiety. But if you just can't help it, perhaps these tips would help you tone down that particular habit:

- Write down an action plan and track for daily progress
List all the things you want to do for the months ahead and keep yourself updated whether they are possible and permissible to do in the current condition.
- Let go
Accept and make peace if things go slow or at a stand still, there will always be circumstances beyond our control.
- Do something spontaneous
When it is finally safe to be out and about, get busy with what you've never done before. Start living.

Yours trully,

the community editor



Think
it over,
don't
over
think.

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