

BE MINDFUL

Life is not the same. Many changes have come across during this pandemic.

Life is stressful, and complaining may be considered by many as an extension of being absolutely normal. However, complaining affects our brains and our physical health negatively. A sense of sadness or melancholy is increased, along with real dissatisfaction with our daily lives.

The past can never be changed and worry about the future is futile; complaining about either is a pointless exercise. Rather, move in the present time and cope only with the present situation as it unfolds. Recognize negative thoughts and replace them with a positive spin. Rather than, “Oh, not the alarm again” think of all that can be accomplished in a bright, new day. While it may sound cliché, learn to graciously accept all that life has to offer—the good and the bad. Even bad circumstances will change, and can teach you more mindful attitudes, such as patience.

MAKE YOUR DAY JOYFUL.

