**COLUMN NAME: THERE’S ALWAYS A SILVER LINING…**

**TITLE: TRUST THE PROCESS**

Weeks have turned into months with the government tirelessly trying to solve the conundrum of easing the lockdown restrictions. On one hand the consideration been given to the wellbeing of citizens and the other hand to the sustainability of the economy. It is an unenviable predicament.

Having rules and regulations have started to dictate the way in which we are currently living however protocols protect us all. This could lend to feelings of frustration, fear or disappointment. The time under lockdown has been longer than we anticipated. Birthdays, anniversary and funerals are being celebrated in isolation without extended family and friends. Religious holidays pass and places of worship still remain closed. The uncertainty of when normalcy will return is plaguing our thoughts and heightening our emotional state. As individuals we thrive on a sense of control and this period has been a tough one. We can only be accountable for our own actions and need not be concerned with the actions of those surrounding us.

One way of reducing our own negative emotions is to check in with ourselves often. Ask yourself those necessary questions to assess your state of mind and how you’re really feeling. Be specific as to what is crowding your thoughts and identify what is making you most unhappy. Once you process the issues it will be easier to combat. We operate on auto pilot to how we were previously conditioned to react, therefore in order to change that attitude we need to ask ourselves whether our reaction will make things better or worse in our homes. Ultimately this is the environment taking on the heat. Relationships seem to be taking the most strain with clashing personalities and boredom. Our loved ones are bearing the brunt of our irritability.

The choice to react out of fear or courage is entirely up to us and making the right choice will make the home life more comfortable. Allow this experience to teach you what you may need for your future. Turning obstacles into opportunities will create a sense of calm and a little more control. Adopt a stance of Hope that it is inevitable we will eventually return back to work, the life we once knew and the world. The only difference is we will be rejuvenated, determined and focused. Some of us may have even reinvented ourselves and detoured to other ventures. Hope fuels optimism. On another bright side is the progression of the move towards a little more lenient stage of level 4 of lockdown. There is preparation for schools to reopen and little more wiggle room will make us a lot happier. Recovery rates are impressive and with the measures of masks and sanitizing we are keeping the spread at bay. Good practices are improving the state of safety around the disease. Adhering to shop rules and management’s desire to maintain order and protection for their staff and customers is something that we should all respect. This is the easiest way to avoid conflict and drama. Keeping our tempers under control and trying to see things from an outside perspective is another way of harvesting a peaceful quorum. With everyone cumulatively doing their part, we have a good chance of coming out of this situation as a stronger community.

“This too shall pass.”

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