“Don’t count the days, make the days count!”

A “**Warrior**” by definition has the traits of strength and courage and a personality who is resilient. This is especially vital in the current situation of lockdown. It takes great maturity to accept and understand this drastic measure taken by the president as it has called for obedience and abidance of all South African citizens. This decision to protect us and keep us safe can be seen as a blessing. To be given this ‘once in a lifetime’ opportunity to stay at home, surrounded by loved ones or even just to be alone in an environment of choice. Can you even remember the last time you got to choose how to spend a day? There will be no traffic, morning rush or a stressful routine for a while. There will be no chasing the next project or the next meeting to stay relevant. There will be time.

**This is the moment** when you can choose your area of focus, create your own morning rituals and dictate your own structure. This is the moment you can balance your day without the pressures of people pleasing and juggling responsibilities. You are the architect of your own present lifestyle and can design the brief to your happiness.

Technology has provided many avenues to still be productive at work, remain in social connection and contact. If used wisely, developing a tech savvy mindset can turn obstacles into opportunities. For many, there will be accountability of work time although much more flexible. For others there will be a lot of free unallocated time. The positives are vast in both situations. For the latter, the novelty of Netflix and chill in lockdown has an expiry date. We can then move our concentration towards developing outcomes and goals to achieve and plan for post lockdown. Self-development will provide an investment into a new skill set and a weightier testimonial. These can be beneficial as it keeps us feeling purposeful and motivated. Without these very necessary qualities, an individual may dwindle into anxiety or depression.

We are fortunate to be surrounded by inspiration and activities at the touch of our finger tips. However, we need to be mindful of the amount of time and exposure we are giving social and media platforms as along with positivity, it does also introduce aspects of comparison, over-information and panic. One needs to streamline what content to view and determine whether it is aligning with their vision. A vision which helps us to focus on fulfilling our dreams and formulating a clear vision can guide us to achieve contentment.

The future may seem bleak now, however it is inevitable that work has to commence at some point largely due to the current declining economy. We will get back onto our feet and resume to become prosperous once again. There are some healthy habits which we can imbibe during those off days, the days when we are feeling down or pessimistic about the future and even those days when you are feeling overwhelmed.

1. CUT YOURSELF SOME SLACK

Your emotions are justified. It can be scary when life is uncertain with an unpredicted normalcy time stipulated. Being emotionally intelligent is to understand that ONLY positive thinking will not suffice. Allow yourself to grieve through these low moments. Write them down as challenges and try your best to understand them and ways to overcome them.

1. ALLOW YOURSELF TIME

Attitudes and Emotions don’t change overnight. If you are feeling unsettled, give yourself sufficient time to process your anxiety and stress. There is no prescribed period to be OK. Consider speaking to colleagues or friends in similar situations. This eases panic and allows the individual to express empathy.

1. BE AWARE NOT TO LASH OUT AT PEOPLE AROUND YOU

Often, we express our emotions most harshly on those closest to us. Be mindful of their feelings and also that their role is to provide comfort and support to you. Rather than venting onto them, share with them your feelings and predicament. Remember today you may feel one way and tomorrow another.

“This too shall pass.”

SILVER LINING

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