



To Give Hope in these times

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things”. **Philippians 4:8**

If you are anxious or distressed.

+ Recognize your emotions, accept them, and share them.

This helps us control them.



+ Post phrases around your house like:

“This will soon pass;” “He who dwells in the shelter of the Most High will rest in the shadow of the Almighty;” or “Christ is my peace.” We must reaffirm our faith that God cares for us.



To Give Hope in these times

+ Cultivate relationships rather than isolating yourself.

Talk to family and friends every day, and express your feelings to them. Listen too, and bring calm and tranquility when you can.



+ + Learn the technology that can help you.

It is time to learn how to use it and make the most of it.

+ Don't become saturated with negative information, which keeps us tense and increases anxiety.

+ Establish habits and routines that keep you busy.

Reading, exercise, learning something new, and leisure time.





To Give Hope in these times



+ **Make time for humor**

Silly competitions, amusing conversation, joyful music and funny movies are good for mental health. Laughter is healing for the mind and spirit.

+ **Revisit positive or peaceful memories**

Look at photos that remind you of happy and peaceful moments. When we remember we can also feel and re-live what we enjoyed in that moment.

