

# THE CHALLENGE OF CHANGE

## CARE WITH COMPASSION

We now know that the world can change in a matter of days. Our schedules, routines, and way of life can be turned upside down! Coping with these massive changes in a short period of time can send our lives into a tailspin. We get frightened and angry, and we lose control of our lives and our emotions. This upheaval requires us to be adaptable and flexible, and build from the ground up. A self-care plan can remind you of the tools you have to meet this “new normal” and shift the impact from a negative to a positive. It should include care for yourself AND others. Where can you start?

**What spreads larger than a virus?**

**Love and compassion.**

## KINDNESS (TOWARDS YOURSELF AND OTHERS) MATTERS



### DAILY MEDITATION

Meditation can't change your circumstances. Life is going to move on. It can, however, give you the ability to accept what is and to find moments of peace, joy, and comfort, even when life is as unpredictable as ever. **Make time for peaceful pauses.** It doesn't have to be difficult. Simply close your eyes and breathe!



### FEEL THE FEELS

You are going to feel angry, disheartened, and hopeless when life throws you curveballs. We are often taught that strength means not giving attention to these emotions. FALSE! Strength is allowing yourself to feel these feelings fully! Acknowledging and expressing your suffering will help to release the pain rather than dealing with the consequences of it. **Cry, vent, journal, and scream.** **Ask yourself, “What do I need right now at this moment?”** If the answer is a healthy solution, do it!



### GET OUTSIDE

The benefits of fresh air, sunshine, and nature are undeniable, especially during challenging times. Our emotional and physical well-being suffers in times of crisis and especially isolation. Getting outside boosts our immune systems, reduces anxiety, and helps with the quality of our sleep. Being kind to yourself also means giving your body and brain what they need to cope. There are plenty of safe ways to experience the outdoors and reap its benefits. **Do your daily workout in your backyard, sit in the sun on your front porch, or take a walk around your neighbourhood.**

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### BE OF SERVICE TO OTHERS

Acts of kindness are good for the soul. Sometimes, when you can't see past your own circumstances, helping others helps you to refocus and gain perspective. Here are some simple ideas for how you can care for others with compassion:

- **Check in on an elderly neighbor.** See if they need any prescriptions or groceries, deliver some treats, or even just offer your friendly voice.
- **Reach out to those who are alone in isolation or quarantine.** Send a card, wave from a parking lot or driveway, talk via video chat. Don't let them be forgotten.
- **Pay it forward.** Pay for someone's coffee at the drive-thru. Surprise a frontline worker with a small token of appreciation. Have a meal delivered to a family who has lost their income.

Take it easy on yourself and others. Everyone is struggling in their own way. Don't judge a mother because her child's screen time is more than usual. Instead, drop off some cookies on her doorstep. Don't judge your brother for eating a bag of chips every night while watching Netflix. Instead, sit and watch his favourite show with him. These changes are a lot to deal with and everyone copes with stress, anxiety, and overwhelm in different ways. We shouldn't lose our capacity to empathize and extend compassion. We should be finding new opportunities to grow and spread it! Remember, we are all in this together. Think of others, reach out to those in need, and be kind to yourself. Remember to ask for help where and when YOU need it.



*"Be kind to yourself and others. Come from love every moment you can. Never give up hope. Know that you are loved."*

**Deepak Chopra**

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