

Changing your Mindset Changes your Experience (how to build Resiliency through any Challenge)

People that know me and know of my situation have been asking me to tell my story about how I am coping through Covid and staying positive despite my challenges.

There are many of us dealing with challenges for many reasons and so I am not unique. However, I am happy to share my tips for dealing with my situation of surviving 2 weeks of quarantine every 3 weeks.

As a backgrounder, I need to travel to Los Angeles every 3 weeks for essential (lifesaving) medical treatment. I have been doing this travelling every 3 weeks for almost 3 years. I don't have options to postpone, delay or reschedule my treatment so in a way, I am fortunate because my choice has removed and so I JUST DO IT!

When I return to Canada, I am required to quarantine for 2 weeks in my home. I am fortunate and grateful that I have a lovely sanctuary of a home where I can do so safely. As I live alone, you can imagine that loneliness does set in once in a while.

I know that to deal with any issues I need to be strong mentally and be rock solid on what I am working and fighting for in my future. That strength and conviction is what carries me through anything. When you are strong of mind and spirit and purpose, this conviction gives you all the strength to face any challenges you may have to deal with in life. Trust me when I say this, I have gone through two terminal illnesses and survived them.

So although I am not a subject matter expert, here are my simple tips:

1. Don't focus on WHAT IS but on WHAT IS TO COME in the future.

When you shift your focus to something positive to look forward to (like the end of COVID), hope returns and guides you through your challenges today.

2. Make sure you look after your mind and body every day.

Although I am in quarantine for 3 out of 4 weeks of the month, I can still look after my mental and physical health. Here is my daily routine:

When I wake up, I meditate for 5 to 10 minutes every day and do my breathing exercises;

- I drink a tall glass of water with ½ lemon squeezed, this clears away toxins in body;
 - I exercise for minimum 30 minutes (like walking up stairs, or cycling on my stationery bike, or running around my front yard (if not raining) or do jumping jacks or skip rope).
3. If you are working remotely from home, give yourself timed breaks to get up and stretch and change your focus for a few minutes. It will refocus you when you resume work.
 4. Try to keep normal hours like you would if you were going into the office;
 5. Pamper yourself by cooking beautiful healthy meals. I pretend I am having dinner at a restaurant, so I always set my table and enjoy eating my dinner as if I was in a restaurant. And why not? I deserve it.
 6. Have hobbies and other interests to enjoy evenings and weekends. At night, I work on one of my many projects, such as: improving my new language skills (with my virtual tutor), improving my sewing skills; decluttering; etc
 7. Regularly speak to family and friends by phone; there is nothing like speaking to your family or friends on a phone because you can have a real conversation. Texting and emailing wont give you the same feeling.
 8. Make watching a movie or Netflix a treat and not a daily event, that way you will look forward to it as though you were going to the movies.
 9. Keep a Gratitude Journal, I have been doing this most of my life and at the end of the day, I am thankful for being alive, healthy and happy, and to have lived another beautiful day on this beautiful earth.

My life is happy and fulfilled because I am busy, thankful and always learning.
