Reduce Anxiety During A Pandemic

**Mindful Breathing**
The slow breathing tells the brain into relaxing the body and nothing to fear

- Inhale for 5 seconds through the nose to the belly, hold for 1 second and exhale for ~8 seconds through the mouth
- Once comfortable with the technique, say Waheguru with every breath in and out.

**Progressive Relaxation**
If distracted with thoughts or emotions, gently bring yourself back to the breath and the muscle.

- Tense a group of muscles as you inhale and exhale normally to the belly. Next relax the same group as you mindfully become aware of the breathing.
- Practice this beginning from your toes, to the calves, to the thighs... progressing towards the head and front of the face.

**Grounding (Five Senses Activity)**
This activity can be used to stop a panic attack

- Notice five things you can SEE
- Notice four things you can FEEL
- Notice three things you can HEAR
- Notice two things you can SMELL
- Notice one thing you can TASTE

**Doing Something Productive**
Use this time to do your regular Nitnem and/or connect with Gurbani

- Listen to and practice kirtan/music- it’s food for the soul
- Use constructive activities for distraction e.g., organizing items for donation, learning a craft, reading, walking the dog, gardening, or checking in with your loved ones.

**Following A Schedule**
A schedule helps us feel more in control. We can break our day into:

- Individual (Simran, Path/Nitnem, gratitude journal, reading, crafting, baking, self-care)
- Social (live streaming Kirtan, virtual Sangat, checking in with friends & family by calling or social media)
- Essential (eating, cleaning, laundry, showering)
- Physical (walking is GREAT exercise)

Take breaks between activities

- Limit news to no more than 1 hour a day
- Eat healthy foods at regular meal times

**Controlling What You Can Control**
The choices you are making to positively impact the situation

- I am trusting the experts to do their jobs and following their recommendations
- I am staying home, washing my hands and keeping an appropriate physical distance from people
- I am not putting myself or those around me in danger
- I will focus on eating healthy, exercising daily and getting enough sleep
- I will have faith in Waheguru, and try my best to remain in Chardi Kala
सुदीपों के लिए ख्यात नजर लगाये दें।

नाश्ता से पहले निस्त्रांग दीर्घ समय बिताने की सर्दी नहीं लें।

• निस्त्रांग दौड़ का उपकरण दें।
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जीवन में लाभ होगा तो देर से जीवन को जीना होगा।

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नृत्य ने देर से लिखा है।

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