

How To Survive The New Normal



By Rose Ann Jaim

Walking your dog in the park, hanging out in your favorite coffee shop, travelling to beautiful places anytime you want, visiting your relatives and friends, some of the things you used to do. And now, these are things you need careful thoughts before doing. There have been past pandemics in history. The survival in 2009 from the novel influenza A(H1N1) virus should give you hope that this too shall pass.

People nowadays are striving to survive in their everyday lives. Many people lost their jobs, businesses are heavily impacted which lead to closure for some, while many fight and fear for their lives because they were either front liners or have been identified positive. You should be thankful if you are healthy and reading this right now.

It is true that surviving the new normal will be difficult for some. But if you think you can do it, you'll make it. If you are one of those who lost their jobs because of this crisis, you should open your computer now and search for skills you can learn and apply for available jobs. If you are a business owner whose sales are now struggling or maybe you are on the verge of closing, start reviewing the situation. Seek for mentors who can help you in making decisions. You may also search for ways on how you can transition

your business into digital if possible. If you are a parent who has extreme anxieties because of your children's education, you are not alone. You can talk to your co parents and friends to hear their best practices. You can also buy your children a computer and enroll them to educational websites so they can continue to learn while at home. Or find any available resources you can use such as books while waiting for the school year to open.

To prevent yourself from being paralyzed because of your fear, start doing things that interest you. If you like singing, go grab that microphone and have your own concert. If you like dancing, get on your feet every morning and play that zumba music while you stretch and dance that body of yours. If you love plants, go to your backyard and start organizing your garden. Redesign your landscape with your available resources. If you like writing or reading books, maybe this is the best time for you to share your talent to the world by starting your own blog. There are so many ways to continue living and staying positive even at these difficult times.

You are not alone. Surviving this new normal may cause a little or huge discomfort for you but I want you to always remember that this storm will pass. Keep your faith, make sure to be healthy and stay at home as much as possible. You will survive this new normal.