

U3A Kate Sheppard

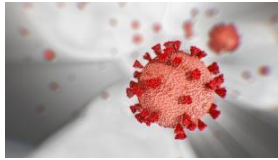
Christchurch, New Zealand

Web: katesheppard.u3a.nz

Email: u3akates@xtra.co.nz



“Those who teach shall also learn Those who learn shall also teach”



Living With Covid-19

Fear is natural but don't panic. It increases stress and clouds rational thinking. Accept this, think of a silver lining and move forward.

Heed the advice of Regulatory Authorities. They know better than us (although some soothsayers out there may argue this point) and they will be the ones with the best grasp of the bigger picture. They will coordinate and implement the necessary policy, steps, assistance and restrictions to get us through.

The crisis will pass. No one knows how long it will take and forecasts of up to 6 months are stressful and frightening. Break up your time by segmenting it into manageable lengths, this may vary from person to person, but as a suggestion 2 weeks may be a good choice as this aligns with the current self-isolation guideline.

Plan your time. Think of pleasant and enjoyable activities or distractions and use these as a reward for the doing those tasks you deem as boring. You have plenty of time so don't squeeze too much in daily, give yourself enough time, there is always tomorrow.

Communication is paramount. As physical movement may become increasingly restricted, make use of the phone and internet. Keep close contact with family, friends and even some of your U3A members. Conversation with others can work wonders as sometimes our mind can play silly little tricks on us and we just need to be reminded we are all in the same boat and together we can conquer anything.

Choose your News Media exposure wisely. Try and avoid too much focus on items dwelling on sensationalism and emotional commentary, it is quite often only relevant to a very small microcosm and more aimed at boosting viewer ratings rather than disseminating a balanced assessment.

An Opportunity to better appreciate life. We live in a wonderful world and can take a lot of things for granted. Use this period to reflect on how going forward we may become a little more tolerant and appreciative of what we have.

Don't forget to Exercise. Outside if possible, even if is only walking around the perimeter of your home or sitting in your favour chair and moving your legs and arms. It's both physically and mentally rewarding. If you can enjoy our beautiful environment will working out, then even better.

Don't place all your eggs (options) in the “electronic” basket. “Spread your risk and have diversity in your option portfolio (metaphorically speaking)”. If the internet slows or goes down for a time have some non-electronic options to pursue.

Susan Coggan – U3A