

5 Ways to Address Anxiety

BY COREY HICKS, PH.D.
Motivational Speaker and Author
Special to Beacon

In the midst of the COVID-19 pandemic, anxieties are at an all-time high as a result of the fear of the unknown. Being mentally, physically, and emotionally productive serves as a driving catalyst when navigating through this challenging ordeal.

Our ability to balance fears and misconceptions plays a significant role in the opportunity to be the exception and not the norm. Sometimes, an abrupt change of direction has to occur to bring about the necessary change that's needed for growth. Although this method of growth can be undesirable, the lessons learned can serve as a foundation that will equip us for life.

Remember that it's vital to control those things we have control over, and to stop dwelling on the things we can't control. In times such as this, dreams are birthed out of will and determination. Failure is not an option.

Although involuntary, this brief time-out, for many of us, can serve as a beneficial factor if we make strategic use of our time. In doing a self-assessment, you may find that your goals move in the direction of your dreams. Now is the time to refocus on your goals in order to become the new and better version of you.

Here are five ways to stay positive in the wake of the COVID-19 pandemic:

1.

Use this time to invest in yourself by staying healthy.

Make a point to eat right and to exercise at least 150 minutes a week. Exercising helps to improve self-esteem and cognitive function while reducing anxiety, depression and negative mood.

2.

Continue working on your personal goals.

These goals might involve writing a book, completing a business proposal for a potential start-up company, or enrolling in a new course. Make the time for projects you've considered many times in the past, but with little follow-through.

3.

Set aside time for reflection and growth.

Having personal quiet time allows you to truly hear your inner visionary thoughts and to turn those thoughts into actionable items.

4.

Become health literate to dispel COVID-19 misconceptions.

Remember that you can save lives through responsible health practices and by participating in social distancing.

5.

Understand that you are resilient.

This pandemic has stretched many individuals on multiple levels. Your perseverance and will to succeed speaks volumes of who you are as a person and should serve as a reminder of your resilience moving forward when faced with challenges in the future.

COVID-19 has forever changed the landscape of how we function in our daily lives and has created an entirely "new normal." Although this transformation has been involuntary, change can be productive, if we use it to our advantage. Staying positive will help to establish a plan of action that will help build confidence.

Remember, you can't be pitiful and powerful in the same body at the same time. You have to choose one or the other. 🌱

ESSENTIAL WISDOM

What do you wish other people understood about your work?

Our work is a vocation more than an occupation, and we feel heartfelt sympathy for every family we serve.

What experience from this time will you carry with you?

We will never take our role for granted again, and we will be even more appreciative of the ability to work together to serve Savannah.

What has the shutdown taught you about what is most essential?

Working together toward a common goal is the essence of our democracy and our community.

Jim Weeks, co-president, Fox & Weeks Funeral Directors

Read more of what Weeks and other essential workers have to say at savannahnow.com/beacon