

Stay in the flow:

7 tips for staying strong during a crisis!

1. Acceptance – accept the situation. Here and now.
2. Inner dialogue – how do I talk to myself? Check your thoughts!
3. Reality check and change of perspective – how bad is it really?
4. Self-care (sleep well, meditation, exercise, yoga, nutrition, etc.) – what can I do for myself?
5. Empathy – what is my approach towards the people around me?
6. Search for meaning – what can this situation be good for?
What useful things can I do?
7. Trust – what crises have I already overcome?