



# 5 TIPS FOR HOW TO THRIVE THROUGH THE CORONA CRAZINESS



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Change means movement. Movement means friction. Only in the frictionless vacuum of a nonexistent abstract world can movement or change occur without that abrasive friction of conflict.

Saul Allinsky

Conflict cannot survive without your participation.  
Wayne Dyer

Choose to THRIVE through Changes and see them as opportunities for creating new possibilities!



Here are 5 Tips to help you Thrive through Corona Virus Crazy Making Times!





Corona Virus has the world upside down. Practically every single human being on the planet has been affected in one way or another by this global pandemic that has sent the world into a crazed reality for the past few months. Fear is at an all time high. Everyone is concerned. Anxiety, depression, anger, confusion and even rage are justifiable when death, economic disaster, food shortages and total uncertainty are rolling around the planet in waves.

There truly is such a thing as a “collective” consciousness, and Corona Virus has given us an opportunity to experience it very intimately. We have learned that we all have critical roles to play in protecting others and being responsible for life together. Every emotion out there is valid and understandable during these times. Lives have been destroyed. We are far from through it all, and we all know there is a whole lot more to come to deal with.

This is the time to prepare your mind, body and spirit to have the tools to begin to walk through this time powerfully. How has Corona Virus affected your life?

If you find yourself relating to any of those emotions from anxiety, fear, depression, rage or confusion, then this short guide can help you to create a whole new approach to managing the rest of this experience and truly, the rest of your life.

As with any challenge in life, you alone are in control of how you work through it and face the situation. Do you even realize that you have that choice? Do you know how to work with the inevitability of conflict in life and create new possibilities from the hardest of situations?

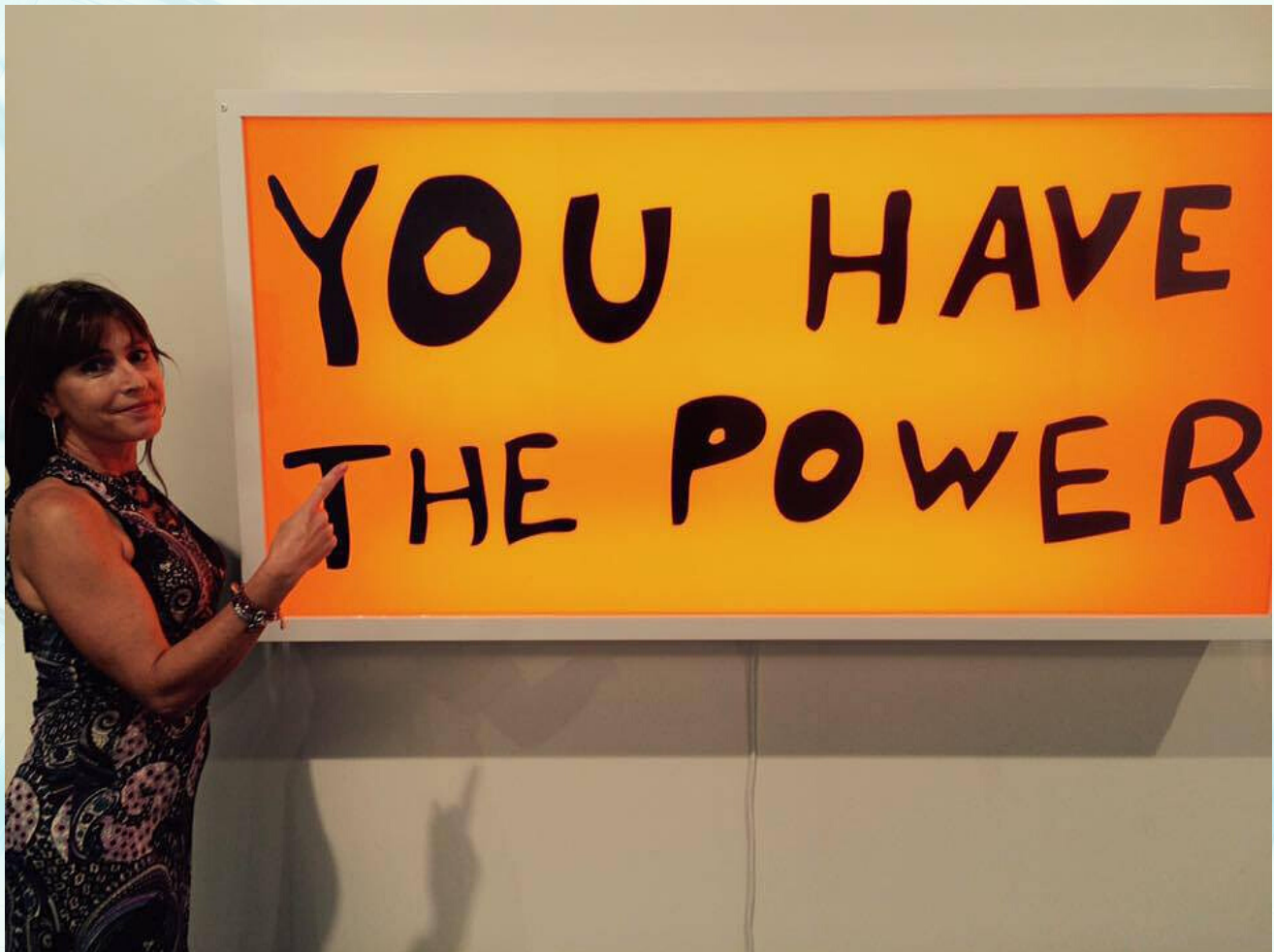




It's OK if you don't, and let's be honest, we are all challenged by things that are not in our control on a daily basis, so learning how to face those things with grace and empowered choice is probably the single best thing you can learn in life if you want to find any peace or joy whatsoever in this life.

I'm going to share with you 5 tips that will assist you in facing this challenge head on and being victorious over the fear and confusion and paralysis that most people will remain stuck in for years after Corona is a memory.

Are you ready?

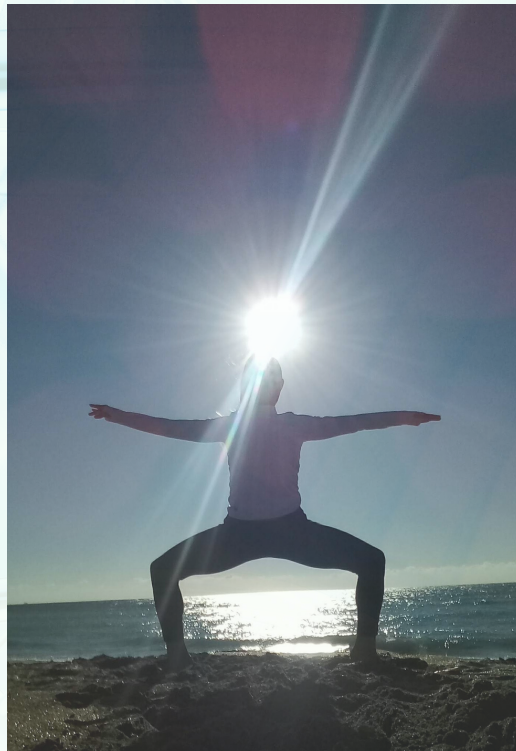






## **1- Consciously Disengage from Social Media and The News As a Practice**

The media and social media are bombarding us non stop with so much fear based information, propaganda and mixed messaging that it can be hard to hear your own thoughts through the constant clutter coming at you day and night from a zillion sources. Make a commitment to yourself to disengage for some part of your day or better yet for a day or two a week from all the exterior noise. I promise you, if you take a day away, it will be there waiting for you the moment you re-engage. I also promise you that if you take this as a daily practice, you will find more joy and contentment in your life almost instantly and you will be more available for the people you love who deserve your attention and undistracted time. In addition, making a practice of disengaging will allow you time to reflect and draw your own personal conclusions and define your own perspective on the issues, and nothing is more empowering than that.







## **2-Get Active and Move Your Body Daily**

Stress of all kinds affects the body's ability to function optimally. It is a well known scientifically researched fact that stress can affect your metabolism, your sleep, your mental, emotional, physical and spiritual state of being. Movement is a powerful way to reduce stress and release energy that can be destructive if not properly channeled. Put on music, dance in your living room.

Take a walk, ride a bike, go hit some tennis balls, roll around on your floor, do some yoga, take lots of little movement breaks throughout your day, but commit to one period of at least 30 minutes a day to walk and get your body into a rhythmical movement of some kind. Even if it's just doing squats next to your desk, or taking breaks to do some jumping jacks if you're working from home. The body needs to be active to stay healthy and making a firm commitment to keeping your body moving will increase your immunity while also reducing your stress, thus making you more able to deal with anything life throws at you, corona or no corona.







### **3. Stay Connected with Friends and Family Every Day**

Social Distancing does not have to mean isolation. Make it a point to reach out to your friends and family members daily, and even multiple times a day if needed. Remember they also are probably feeling alone and isolated, and your phone call or video chat may be their lifeline in a tough moment.

It is so vital that we stay socialized through this and maintain and maybe even improve humanity through the process. It is vital that you have at least a few hours a day of meaningful social interaction to stay balanced and well socialized. The human brain requires interaction and reflection to process normally and function optimally. Stay connected, reach out, talk to the people you love on video or telephone and give the texting a break for a while to have authentic communication. You might just find that you like returning to the old school way of long late night conversations with those you love.







## **4. Prepare Healthy Delicious Meals and Enjoy Taking Care of You!**

This is an amazing time to work on your culinary skills and start cooking and preparing special foods again. In our normal hustle and bustle, often we eat on the run or we don't take time to make good balanced meals. Use this as an opportunity to make that special dish you've always loved or to try new recipes. Most importantly, eat balanced healthy meals to keep your immunity and your mental health strong and ready.

## **5. Make a Plan for the What Next and Be Ready to Rock**

Many people are out of work and have had their businesses collapse from this pandemic. I'm one of them, but the best way to approach that disaster is with a positive attitude of creating new possibilities and making a plan to move forward into the what next of your life. There is a defined strategy for stepping forward into a new world that works like clockwork. If you don't know the steps, please schedule with me for a free strategy session at [cherishanti.com/session](http://cherishanti.com/session).

If you strategize well and use this time to make a solid plan that has flexibility, future potentials, fun and passion all mixed in, you will come out of this time ready to rock and roll. Not only that, it's a much more constructive use of your time and energy than surfing social media and getting stressed out about things you can't control. You can also make a plan for how to handle best and worst case scenarios and this will help you tremendously to feel empowered no matter what comes. It does not mean we can avoid the difficulties, but having yourself as prepared as you can be is one of the best things you can do for yourself and your family.





Learning to deal successfully with this kind of global challenge and all the inner and outer conflicts and difficulties it can create is one of the most important skills you can learn and develop in life. Consider your option: you can stay afraid of it, and waste your time being caught in the drama trauma of Corona, or you can choose to use these simple 5 steps to THRIVE through this time. It is 100% up to you.

Successful individuals learn how to work with fears and conflict in constructive ways and as a result those energies become something not so big and scary but yet another tool to create a fulfilling and rewarding life that embodies intelligent evolutionary awareness.





Choosing to commit yourself to practicing new ways of dealing with conflict is a beautiful journey and investment in your future! When we go head first into our fears, and face those things that are scary and uncomfortable, we become stronger and more capable individuals. We also become models for other people to witness possibility and empowered living.

Conflict isn't going to disappear in this world. It is part of what makes life thrive and evolve. It is necessary for change and growth. It doesn't have to be anything to be afraid of or run from. The tools here are lifelong allies on your path to finding your way through the confusion and fear that often comes hand in hand with conflict. Use them, practice the techniques, apply the methods and you will find that your conflicts can become amazing opportunities for deepening and reflection and your life will thrive more harmoniously as a result!





## *Challenge Exercise: Write Your Commitments to THRIVE*

Use this space to write your own personal strategies and commitments to find your way to THRIVE through CoronaVirus Crazyiness. Write down what you will do to stay in action and stay strong, who you will connect with, etc.

Here you can make a list of all the important things and people you want to stay connected to or reconnect to during this time and make this your personal quarantine project. Enjoy and THRIVE!

