

4 reminders to help you emerge stronger to a better normal.

Out of a crisis, nearly everything changes, and when something has been changed, it is impossible for it to go back to normal. Chances are, either you have said it yourself, or you have heard this phrase, "I can't wait for things to get back to normal." It is a human talent to make lemonade out of lemons, but to do this, we must be open to the new idea of something better. We would be hard pressed to find anyone whose life has not been impacted by the Covid-19 crisis over this past year. We have all experienced change, and it will not go back to the way it was. However, with the right outlook, we can emerge stronger to a better normal.

Here are four reminders to help you emerge stronger to a better normal.

1.Keep it simple – We often tend to complicate things in general. If we do not intentionally control our mind and thoughts, and put it to good use, our mind and entire life will become complicated. Most of us are guilty of making things harder than they need to be. We over think and then add more steps than we would ever need. Keeping it simple means making something easy to understand and do, not going into too much detail, and focusing on the point. In life, less really is more. KISS (Keep it simple, silly.)

2.Focus on the opportunities – There is no doubt when something bad happens that causes a crisis, it is a difficult time to go through. It can cause even the most optimistic people to shift their thoughts to the negative. However, while the situation can be deeply unsettling, we must remember there are always seeds of hope and opportunity. It's human nature to

tend to focus on how to survive and cope with the crisis, but if we can train our mind to ask the question of what opportunities does it create instead, we would be much better off in the long run.

3.Nurture something new – Some of the best ideas are born out of times when our backs are against the wall so to speak. As humans, we have an innate instinct of survival. Even amid tragedy, our will to thrive kicks in. It is in these moments we come up with new innovative ideas and our creativity comes out. Nurturing any new idea can put our attention on something more positive and help keep us from ruminating on the negativity. New ideas are exciting and can help make things better than before.

4.Recall history – We all go through bad times, we all experience disappointment, loss, and pain that causes massive change in our lives, but somehow, we get through it. Looking back at your past examples of times where you have coped with uncertainty and change can help you accept your current situation a little better. Perhaps you have suffered a painful breakup in the past and were eventually able to move on, or you lost a job and ended up finding a better one. Examining your past successes can provide you with some confidence to keep putting one foot in front of the other when your current situation feels overwhelming. Recalling your past successes can also remind you just how strong you really are. It is easy to forget this if you are feeling defeated. When you recall your history, it will prove that you can get through hard things and that this situation too shall pass.

When something has been changed, it can never go back to what it was. In life, things change and evolve and that is not a bad thing. The trouble is, for humans, it is hard to adapt to that change. We tend to like the comfort of the normal, and struggle with the idea of a new normal. This kind of mindset can paralyze our success and keep us from moving forward. However, if we believe that what we experience makes us

stronger, and that in hardships lie opportunities, we can emerge from any crisis better than ever before.

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