

Dealing with Negativity

Life is too short to be driven by purposes alone, as though life is about being positively alive.



Everyday is your day

Since we all are stuck at home for months, everyone is somewhat demotivated. I am not an exception too. I have nothing particular to do, so all I am doing during this pandemic is nothing but keeping myself busy in social media, video games and some online

courses. This has been my schedule for weeks and thus, it has kept me despondent and cranky all day long. Various negative made up imaginations kept on crashing into my head. I was pissed at everyone and everything. I lost my sanity. Eventually, I understood if no steps were taken right away, I would get into a scrape. So, I quickly started working on myself that could help me get my peace back. So, here are some of my takeaways:

Be practical:

We spend most of our time crafting stories in our head about what other people should do. And when they fail to live up to those standards, we reflexively feel frustrated and disappointed. The solution is to let go of your expectations. Meet people where they are instead of where you want them to be.

Know your constraints:

Don't try to control the people surrounded by you. You can try to influence people in the way you think is the best, but it is unwise to assume responsibility for the outcomes. Control the controllable.

Make a routine even if you have nothing to do:

I am one of those people who can't do anything unless put under pressure. This lockdown somehow helped me form a routine which drastically changed my life. Even though sleeping, eating

and playing video games are the things I mostly do, scheduling time for all of these makes me waste my time in a disciplined manner. It genuinely feels better.

Sleep enough:

Keep an eye on your sleep cycle. Getting enough sleep is much more important rather than going to bed on time. A good six-hour-sleep is all you need.

Do something that discovers a new you:

I was never into cooking. This quarantine period helped me realize I always had a thing for it. Never invested my time into it before, so tried it. This panned out pretty well.

Persistency breeds productivity:

People are worried about the future, so we see them participating in various productive activities which is great. But, being too hard on yourself doesn't make you resilient for the new normal. So, trying to focus on persistency is much more peaceful and rational.

Get back into shape:

We are biologically designed to be on the move. Working out not only helps you have healthy physic but also keeps you motivated. This is the single most pragmatic way to alleviate negativity.

Be carefree:

Stop thinking so much about everything. Worrying about future means living in denial about the fundamentally uncertain nature of life. Worry gives you the illusion of certainty. The world never stops, it shifts. Improvise yourself accordingly.

Spend time with the people you love:

This is sad but true that you won't ever be able to spend time with your family like this again. No one knows where the destination is. So, spend time with your loved ones, make memories and appreciate every small moment that is spent together.

It is smart to be a loner sometimes. That gives you time to wonder, to search for the peace. It makes you understand that the art of being wise is the art of knowing what to overlook. Make your life worth living. You got this!