What do you do to stay calm these days?

Now is the time when everything is settling in our minds, we realise what is actually going on and it frightens all of us, a lot. Our concerns apply at all kinds of levels. It is not only about not catching that virus, but it is also the financial and economic situation, added to the other fears that go along with the current circumstances.

During my “career” as a long-term patient, I have developed several tools to make a hard situation easier and to remind myself of it. Today I will tell you about two of them:

One, is to write lists.

Lists of things that I always wanted to do or try. It’s simple, little things, like to learn how to cook a real PHO or to walk up and down the „Studelhofstiege“ in Vienna. Every week, the goal is to cross out one thing. And that works. By the way, my lists are so long that I’d have to reach an age of above 90! So, this is the plan.

Now I also have another list, the Corona list.

I added things that I can do at home.

Today, for example, I took the kids to the woods and we collected little leaves, we put them with stockings on eggs and boiled them in onionskin. My grandmother and Mum always made them, this year I tried it for the first time, and they came out beautiful.

Second, I put reminders in my phone’s calendar.

At 9 o´clock it reminds me to smile, every day. At 11 am the message “you are stronger than this” pops up, at 2:30 pm it says “take a rest and breathe” and at 5 pm “almost done, endspurt!” and the last one says that tomorrow is another day!
There are many days when I do not pay attention to any of these messages, but there are other days, and I am certain you know exactly which days I am talking about, when these messages that I put in my cell phone calendar have saved me from drowning.

These are my two pieces of advice for today. More next time.

One last thing. Something to laugh about. The other day I got surprised by someone nice, that brought something to my house for me. Of course, in front of it, with a safe distance. But still, I was standing there and did not show the best of myself. Let me draw you a picture of this scene. I was dressed in a very boring way, I think I had even spilt food on my chest while cooking, we had lunch way too late, my hair was not really nice, more like upside down, no makeup but instead a face mask on my skin, and in the house, you could spot the chaos from outside after my cooking experiments and feeding the kids. On the floor, there were petals of flowers that I had just taken out of a vase... It is not that I have a problem with that in general, I like myself without makeup, and sometimes there is a mess, it happens, but it made me think. It is a question of self-esteem and I think it is very important to keep that up, especially in times like these. Do not loosen up, keep your routine and take very good care of yourself. You never know who will stand in front of your door. And the best thing is to do it for yourself!

Stay strong and stay sane.

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