Focusing on Solutions

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One of the hardest things about this pandemic is its effect on nearly every aspect of our lives - our health and the health of our loved ones, our work, relationships, the economy, and our day-to-day routines.

This means that many of us are facing multiple challenges all at once, which can make coping and trying to solve problems feel difficult.

For example, although you might feel okay with working from home, working from home whilst self-isolating, monitoring scary news updates, caring for children and home schooling, and being unable to do things you're used to, like going to the gym, might feel overwhelming!

It is easy to lose track of everything that's going on and to get stuck worrying about how we will tackle all of the problems we are facing.

When this happens, it is understandable that we might feel confused, scared, exhausted, and overwhelmed.

One way to manage how we feel is to **practise shifting our minds** away from every problem that might need our attention (both now and in the future) and **to focus on tackling one issue at a time.**

Another important aspect of coping with multiple complex problems, is to try not to dwell on how bad or unfair (or scary or disappointing) they are and instead, to use your mental energy on thinking of **helpful things you can do,** as well as **seeing who might be able to help you.**

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