

TAKING CRISES AS OPPORTUNITIES....

As a counsellor, I am convinced that something meaningful always emerges from every crisis.

If there is a free minute here and there, then use it to reflect on yourself:

What and who is really IMPORTANT to ME?, Do I actually still feel myself and MY NEEDS?, When and how often do I go beyond MY LIMITS? Does what I do (professionally) fill me with JOY? When and how often do I do something FOR ME? And to what extent do I respect NATURE / my LIVING SPACE?

Use this time of worldwide standstill and reorganisation to reflect again! What is really IMPORTANT in life?

Use this time as a chance, let new and meaningful habits grow.

I get up earlier every morning to use the TIME FOR ME. What does that look like? For me it's a cup of tea in complete silence or reading something over a cup of coffee. But exercise is also part of it for me: A session of yoga or going for a run. This keeps me grounded and gives me peace, patience and energy for what the day has in store for me.

Enjoy the TIME WITH YOUR LOVES! When do you get to be together so intensely? This is an opportunity that your children will surely remember. Make it many positive and intimate moments. Leave the TV off once in the evening and enjoy the TIME with your PARTNER. Cook together, talk and rediscover (perhaps) neglected sides of you.

But don't forget the OTHERS! BE OPEN to those who need help at this time and show compassion and heart.

And ask yourself how much you ARE READY TO DO for your ENVIRONMENT, because it is our living space.

Crises are opportunities! Use the time, hold on to your insights so that this phase has a lasting positive effect!