



Hey - Everything's Going to be Alright!

Good Things Are Happening

During these scary and confusing times, I believe that it's important to be aware of some positive things as well. The coronavirus is center stage around the world, with good reason.



And of course, staying informed with accurate updates about it is extremely important. However, it can also have a tremendous impact on our mental health. Here are a few good things that are happening here on our earth.

- Pollution Drops Across The Globe
- Venice Canals Have Cleared Up
- All Bushfires Extinguished In Australia

Things To Be Mindful Of During This Time

By, Scott Lea

- Read
if
you
feel
scared,
confused,
vulnerable,
hopeless,
helpless,
stressed,
depressed
or
anxious.
- Don't
read
if
you
feel
that
you
are
100%
self-
sufficient
at
all
times.
- My
challenge
to
you
is
to
eliminate
or
correct
any
negative
or
pessimistic
thoughts

that
may
pop
into
your
head
as
you
read.

OK, so things are kind of crazy, scary and confusing right now. **Everyone** is experiencing the same or similar thoughts and feelings, **we're all going through this together**. I would like to encourage everyone to do your best to be mindful of things that we may have that others don't. Also, please keep in mind that **we will get through this**.

Many of us are blessed to have roofs over our heads, food in our homes, water to drink and someone with us. Although things may get worse before they get better, begin to allow yourself to accept the fact that they will get better. **Do not allow the "what if" thinking to build momentum, it will compromise your immune system. Worry, anxiety and stress all weaken the immune system, and we need our immune system to be in the best possible condition now more than ever.**

I'm sure you've been through many other tough times in your life and couldn't possibly imagine that things would ever get better, but as time passed that situation improved somehow. Whether it was the situation itself, your perspective, coping skills or acceptance. **For one reason or another, things got better or changed and then you felt better**. During those times you learned some valuable lessons, you became more educated, more patient, you grew and progressed, your character was tested and defined.

Some of you may or may not know that I am a Christian, and without question believe in God.

It wasn't always that way for me, not to the level that I needed it to be anyway. I believe with absolute certainty that God, the creator of all things, is **calling attention to every person on earth simultaneously**. I

don't know of any man or anything else on earth capable of that miraculous demonstration of power. Don't you think there is an extremely important reason for that? I must say that personally, I find it of particular interest that this is occurring during the Easter and Passover season.



For the first time in our history, God has provided a level playing field. Worldwide equality in terms of every single person sharing in the same thoughts, fears and concerns. Even worry, depression, anxiety, helplessness, and for the masses, hopelessness are shared feelings during this historic event. Feeling hopeless is where **He really grabs and demands our attention**. Under such conditions, the basic human instinct is to fight or flee, look to ourselves and others for answers, a way out or for some help. He has given the entire world a beautiful, loving opportunity to come to the assistance of others in this shared time of need. To look to Him and trust in Him. The only remaining question is - **Will you?**

My questions to you are - Will you?, Do you want to?, Do you know how to? Do you want proof that there even is a God? Those were some of the very many questions that I had at one time. Some of the biggest, loudest and most profound blessings and miracles in my life came during, and following some of the worst times in my life, and throughout those times, those questions were answered for me.

I strongly believe that God is blessing us all with a once in a lifetime opportunity to show that it is within us, to truly love one another and turn to Him He will do the rest, he has the wheel. We may not be able to be with other people in a physical sense right now, but we can certainly care for one another in some way.

At this time in our world things may seem so completely out of control and hopeless, but remember that **we are not helpless**. We all have some type of skill, talent, gift or ability that we can share put to good use and be of help or comfort to others.



Who could we be helping?

The healthcare workers, the sick, the lonely, the hungry, the weak, the mentally and physically ill, the elderly, the children, the animals, local leaders, the homeless. Anyone and everyone, find out where help

is needed most in your area.

How can we be helping?

By reaching out and interacting, showing love and support. Phone, email, social media sharing, donating, starting or joining a group or campaign.

If you're scared, it's okay.

Being scared might make you feel weak, especially for men. However, there isn't anything wrong with being afraid at all. We can all agree, these are frightening times that we're up against right now. Over the years, the stronger my faith

became, the less scared or fearful I became.

We can't control what's happening.

The coronavirus is here. It's not in your hands, it's not in my hands and it was never. We can't really do any finger pointing, directly or indirectly, personally or politically. Finger pointing doesn't help to produce a positive or loving outcome — Does it? Finger pointing is not proactive and there is no time for that now.

We can stay educated about what's happening without obsessing, strengthen our faith, and we can help each other to get through this. We can stay healthy, exercise, give ourselves some mental health time, create a home based schedule and finally get to some of those home projects we have been blowing off until we got around to it.

Everything we're experiencing is helping us.

We learn by everything we experience in life with our senses. Right now we're all learning to slowly accept things that we otherwise wouldn't be able to. We are learning to accept drastic change and not many of us are very fond of change. We are learning to slow down, spend time instead of wasting it, or burning it on both ends along with that candle.



This will pass, and when it does you will be stronger and wiser for having experienced it. You will have a much greater sense of appreciation and gratitude. Every single struggle, trial and tribulation that we face in life pushes us closer to where we want and need to be mentally, physically, emotionally and spiritually.

We are all heading somewhere very important and believe it or not, it is important for our path to occasionally cross with difficult challenges and trying times along the way. Take comfort in the fact that you will be much more capable in so many ways of navigating through those times.

You are in a better situation than you may think.

Sadly there are people in this world who don't have what you have. You may not be able to go where you want or do things that you want right now. However, you have shelter and you're able to eat and drink. You may have concerns and be stressed but you have access to other people and helpful sources. You can take it day by day knowing it will all work out.

You're not alone.

It may feel like it right now, but you are certainly not alone. Again, we are all

facing the same thing. People worldwide are struggling just like you and me. You're not the only one going through this. There are so many types of support available, I will be providing other support links in future newsletters.

People who are important to you will be there for you.

People that care about you will always be there for you when you need them. At this time in history, we are blessed to be able to stay more connected than ever before.

We can all reach out to each other through text, phone calls, video calls, etc. If there are people you haven't heard from, check in with them and don't feel funny to ask them to check in on you from time to time.

Self care is more important than ever.

Self care during stressful times, especially isolation is extremely important in so many ways. Most importantly is of course health, but self care will also help you to mentally and emotionally get through those stressful times.

For many, self-care gets put on the back burner, but this is no time to allow that to happen. Do some positive things to help yourself feel better. Make sure you are covering the physical, mental, emotional and spiritual elements of self-care.

Do your best to stay away from watching the news for too long. I would suggest allowing yourself 10 -20 minutes of news time on TV twice a day but never at night.

In closing, **I would like to encourage everyone to remain grateful and thankful.** Please do not let the current situation consume you, do not allow the negatives to dominate your thoughts and actions.

According to a study published in Personality and Individual Differences, grateful people feel healthier and experience fewer aches and pains. Multiple studies have repeatedly shown the link between gratitude and the improvement of psychological health. Also, according to a study published in Applied Psychology: Health and Well-Being, writing in a gratitude journal helps you to sleep better.

Being grateful is essential for our self-care. Perhaps consider a gratitude journal, it's a real eye-opener, especially on days that you're feeling really down. It's important to either write in a gratitude journal, or say a prayer.

Every day acknowledging what and who you are grateful for. If we don't do that it becomes so easy, even routine to think about and focus primarily on the negative things happening in our lives.

Most important right now? Anxiety Relief, Stress Relief or Stronger Immune System - CLICK TO LET ME KNOW

Helpful Links

- Coronavirus
Screening
App
&
Website
by
Apple
- The
NJ
Department
of
Children
and
Families
- Harvard
Coronavirus
Resource
Center
- FEMA
Coronavirus
Rumor
Control]
- New
Jersey
Office
of
Homeland
Security
and
Preparedness
- New
Jersey
COVID-
19
Jobs
And
Hiring



Harbor Freight, PSEG & Paterson Donating Masks

- Harbor Freight stores donating all masks and gloves to help fight coronavirus. Read the article here..
- PSEG donates 50K N95 masks amid coronavirus outbreak. Read the article here...
- Revamped Paterson mill now producing 100,000 masks a week in coronavirus 'war'.

Read
the
article
here...



Thank you for taking the time to read this newsletter. Please feel free to pass it on to others, and as always, I welcome all feedback and requests. If you are active in helping those in need right now, please let me know, I would love to hear your story.

Stay Safe, Stay Healthy and Stay Home

God Bless!

Sincerely,
Scott Lea, CH.t. - Anti Stress Center
AntiStressCenter.Com

One Of My Favorite Radio Station

Cross Way Radio 107.9 FM is a ministry of Calvary Chapel Morris Hills in Dover, NJ. Founding pastor (Jim Keavney, host of Changed by Love Radio Jim's goal is to teach the Bible, scripture by scripture, in a clear and easy to understand way. I highly recommend you give it a listen, it's real soul food. - Scott

LISTEN: Changed by Love

LISTEN: Crossway Radio Live



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