

Pandemic Survival Guide

Our society and world are faced with many new challenges since the coronavirus pandemic began. At the same time, there has been political unrest as social injustice such as racism is being brought to light. Stress is a normal reaction to these uncertain times, but there is resilience within each of us and as a larger community.

Through their lived experiences and deep wisdom, the graduates of the LifeWay WINGS Restorative Community present this Pandemic Survival Guide, focusing on three areas of the WINGS Wellness Trinity: Physical, Emotional/Spiritual, and Social Wellness.



Physical Wellness:

- Exercise! Commit to doing it regularly. Activities such as yoga or going for a run can help with managing stress.
- Eat well. Be mindful of your diet -- what you are eating and portions. Have a smoothie.

Emotional/Spiritual Wellness:

- Make time for spiritual practices. Whether you're into Bible Study, prayer, or meditation, it'll help with focus and build your faith.
- Pray for others. Pray for people in the health sector, for those who have or have had the virus. Pray for everyone in the universe.
- Practice gratitude. Life is a blessing and find ways to be thankful. What are the positives? Maybe you've gotten a chance to spend more quality time with your children. Maybe you've gotten the opportunity to realize that the hard times are what has deepened your faith. Share the little that you have.



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- Work on positive thinking and self-talk. Take a break from the news and negative messages at times to focus on the good. “Let’s be the thermostat not the thermometer...if we’re stuck and not able to take control of our own circumstances, we would be so miserable...be the hope and take charge and move forward.”
- Hold yourself accountable. “Write down 3 things you want to accomplish for the day and find someone to stay accountable to.”

Social Wellness:

- Keep yourself busy with work and projects. Join a book club. There are many free courses online. Learning is great for your brain and stress. You may think differently and feel better. Try new things to expand your idea of community and vision, but expand your network in new (digital) ways.
- Go outside and see people moving; this “helps your brain...doing the same thing over and over again, can make you feel crazy.”
- Connect with others in ways you weren’t able to before. Your mentors, family, friends, coworkers. Virtually with others - you can connect with people all over the world! Reach out to friends and ask for advice and support. Listen to those who have gone through hard times before you. Talk to fellow church members -- laugh! “When you have people who care about you, life goes on.”