

# IT'S TIME TO NOURISH YOU

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Violetta Sekler is a Personal and Relationship Coach driven to help people succeed in life and love.

Anyone in business in Far North Queensland is encouraged to reach out to Violetta for a Dream Big Challenge – Make Your Wishes Come True In 2020:

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IF YOU CAN  
STAY POSITIVE  
IN A NEGATIVE  
SITUATION, YOU  
WIN.

I'd like to talk to you about coronavirus. This virus has caused serious adjustments to our life, forced us to change all of our plans and intentions and in that has created a great sense of upheaval for many.

**Is it so dangerous? Does the media magnify the danger or underestimate it?**

**We will never know. We can't control this. But what we can control is:**

- How calm we will be
- How much we can resist the panic
- How we can manage and remain intelligent in our thoughts and behaviours

**Calmness is the best immunity in the world. Easier said than done you might say?**

Yes it is easy to say, but harder to put into practice I know. But even the world's most powerful weightlifter was unable to lift hundreds of kilograms the very first time. It took time and patience and perseverance.

It's hard for all of us right now. But I want you to try not to get yourself worked up with negative thoughts. As one thing you do have control over at this point in time, is your mindset.

I want you to use this situation to your advantage and to suit you and your needs: breath more fresh air, play sports, read books, spend time with your loved ones, work out your food and daily routines, and do things which you didn't have enough time to do before.

This is a time to nurture yourself and your surroundings, a time to hit the reset button of life and recalibrate. Use this time wisely to invest in you and be ready to come out the other side of this situation a more balanced and nourished human being. Your body and mind will thank you for it.