

## My experience and advice.

By: Gaby Robinson

So first of all I'm writing this about all of the madness in the world about the virus. This is all very worrisome and I think we can all acknowledge that this is very crazy but we need to learn that this is going to come and go. And under no circumstances am I saying this is all fine and not a big deal. I think that this is a huge problem and it is really sad and this is not great. But we need to remember "Fear is the thing most humans fear the most." and this can be prevented by doing things. The main problem is that people aren't being considerate. Because people are treating this like it's nothing. Sadly this is life threatening to some and people aren't recognizing this. They are going around touching things and spreading this making this worse. **YOU** can be the person that helps prevent all of this from happening even more than it already is by doing simple things. Like don't go out and be in big groups of people, simply don't touch anything unnecessary when you go out. Simply remember to wash your hands. This is a big problem and I also think this is a good lesson to learn especially for kids, that you need to learn that life is going to be tough sometimes but you need to learn how to roll with the punches. Learn how to adapt to hard things in weird and sometimes scary situations. In these times we also need to remember when we are sad that "We will be exactly as happy as we choose to be." If we focus on all this stuff it is just going to get all of us overwhelmed and quotes like that are good to have during these times, just writing them down and hanging them up around makes such a big difference its keeps you motivated, calm, and really depending on the quote it makes you feel whatever you want it to, and whatever would help you stay motivated. One way you can choose which one to choose is what do you think will keep you motivated, or calm. You just need to remember that this is is life threatening for a lot of people and that we cant be inconsiderate about it. Just stand away from people that arent your family. So just remember try your best to have a positive mindset but yet remember it is ok to feel not ok and overwhelmed and stressed cause this is all of those things but you just cant let these things control you and your mind sometimes you just need to have some self care and just calm yourself down. Go ahead and watch that movie you were gonna watch! Cause if you don't throw in a fun thing every once and a while its just going to you being even more stressed and anxious about all of this. So this is my reminder to all to make sure you are taking the right precautions and staying safe, calm, motivated, and last but not least happy.

