

FEAR AN UNPLEASANT EMOTION

The definition of fear is an emotion caused by anxiety or the uneasiness of being afraid of something or someone or by the threat of danger, pain, or harm.

In the present pandemic situation everyone are gripped up many fears.



Your WhatsApp inbox is probably loaded with messages and images on the current pandemic. News channels, Google and YouTube are continuously giving the latest updates. There is fear and paranoia around. Let's collectively reduce our exposure to fear inducing messages today. Give no room to fear as always prevention is better than cure.



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What we hear or see has lot of impact upon our thinking. Try avoiding news for at least 4-6 hours. This specifically means no checking for the latest update on deaths from the pandemic. Being in a constant state of anxious arousal is unhealthy for your mind and body. Not only diet but fear also affects the immune system.

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You cannot ignore the problem nor should you act like a camel with its head buried in sand. But you can be careful and intentional about what you watch and talk especially in front of your children and take care of their emotions. Speak and forward the messages of hope and future. That is what the world desperately needs to heal. Let's make choices based on love and hope instead of fear.

Make your day joyful




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