**How to stay relaxed and calm in adverse situations?**

How are you coping with the current home-stay situation because of this pandemic? Are you stressed with staying inside the house? All of us wanted to have not to go for work or studies and just stay at home, well, how does it feel like right now?

Stressed? Tensed? Alone? Are you not having anything creative to do? Do you not have any entertainment and adventures left? Do you miss hanging out with your friends?

Well, coping up with all that stress and loneliness and managing to maintain mental peace is not that a difficult task anymore. From the basic things available at your home to advanced technology available on your phone, there are a lot of things there to help you out.



**Measures to be taken:**

Even the most adverse times can be joyful and relaxing by living up with various time management strategies and making many exciting activities a part of your daily lives!

Here is what you can go for to cope up with all the adversities:

1. **Write:**

Create a journal, use any copy or diary available, and start writing! This is the best and the cheapest option available that can use any available copy from your home, or you can bind up the waste papers to get a journal ready. Start with writing your daily experiences, your emotions, and just fill it up with all your moods. You can also start with writing 2 liners, blogs, or any short poems to make your time-utilization more useful.

1. **Read, Watch, and Listen:**

Start with reading short stories and comics and magazines available. You can also use this time to build some skills by reading about them and researching as much as is possible. Also, watch movies, clips, and tutorials to spend your time, and meanwhile learn something useful with that. Get the most of the entertainment by listening to music and watching movies.

1. **Be Creative:**

Your home is full of a lot of scrap materials and things that are not much useful. Start with decorating your house, painting, and creating new artefacts. You can watch and learn about various DIYs and implement them to get a creative skill built. Crafts and creative developments can help you stay busy and engaged. Being creative not only means doing crafts, but you can also be creative with cooking skills and experimenting with different things with various available items at home. Start developing some new projects to get a skill build based on the implementations and add up to your success.

1. **Use Mindfulness Apps:**

Several Mindfulness applications like Calm, HeadSpace, 10% Happier, and many more top-class apps are there to help your mind stay calm and relaxed. These are customized apps where various expert sessions are available and activities are there from 2-3 minutes to about an hour. These apps are the perfect ones to get motivated, relax your mood, meditate, and even have a peaceful sleep. There are various natural scenes and sounds available there too.

1. **Exercise and Yoga:**

A healthy and peaceful mind resides in a healthy and fit body. Spend your time in doing exercises and yoga, this will open up your brain cells and provide you freshness and relaxation. At the same time, you can gain or lose weight too and spend time staying healthy and fit. You can take walks too in your gardens or home area, and take wide and slow breaths to stay relaxed.

1. **Play Games:**

 Play video games, mobile games, and other indoor games with your family to stay engaged and get a perfect amount of entertainment. You can also start by playing problem-based games and other games that boost up IQ. In this way, you can get mental enhancement as well as proper entertainment at the same time.

**In a Nutshell:**

Staying indoors or handling any adverse situation is not required to make you panic and scared!

Yes, although you should be careful and stay safe, what is important is to have complete knowledge of all the facts and myths related to any issue. Apart from that, just stay cheered up, follow your hobbies in the meantime, and cope up with it calmly. Stay relaxed and healthy, take a proper diet, call your beloveds, and keep yourself engaged.

Staying calm and not panicking is the most crucial step in coping up with any adversity!

