

Anti-COVID-19

1. Call & Listen to Mom: ☺



Someone's mom:

March 16 7:20 PM

目前这种疫情持续期间，一定要注意自己身体，还要保持微笑☺对待一切事物的发生，要相互理解包容，遇事冷静让心沉下来，不要激动，一定要换位思考一下，过后一令儿就没事了。✌️🌸🧑



During current situation with COVID-19, one must

- ☐ keep healthy,
- ☐ keep smiling, ☺
- ☐ understand the others and embrace your own life,
- ☐ keep calm,
- ☐ stand with people in their situations,
- ☐ because everything will be fine after a while.

2. Embrace your own life:

Amos 5:14 Seek good, and not evil, that ye may live: and so the LORD, the God of hosts, shall be with you, as ye have spoken.

3. Seek changes through challenges:

Time	What	How	Why
9 – 10 am	Morning exercises	<ul style="list-style-type: none">• Slowly warm up your body,• stretch gently, etc.	<ul style="list-style-type: none">• Keep fit• Feel the ground
10– 11 am	Go to supermarket One hour later for the senior and the weak	If the young and the strongest can Please consider the senior and the weak 	The first-hour shopping offers the highest anti-virus environment and what they need 
11– 12 am	Prepare lunch	Either cook or order <ul style="list-style-type: none">• Try some new things• Do healthy combination cooking	<ul style="list-style-type: none">• Feel home• Healthy Eater• Give supports to restaurants/Caffe
12 – 1 noon	Lunch break	Enjoy your food with family	Someone else can help with cleaning up
1 – 5 pm	Work-ForHome/ Study-AtHome	Finish your work at home	<ul style="list-style-type: none">• Keep working and learning• Stay calm
5 – 10 pm	Dinner Time/ Talk Time	<ul style="list-style-type: none">• Prepare dinner or order• Call friends/family• Talk time/Online Group• Read books/continue working• Good sleep	<ul style="list-style-type: none">• Though you are staying at home, you still can text people, post news, reply emails and call your friends/family to ask how are they doing.• You will feel cured after talking to someone else.• A good sleep is very helpful.

