

# How To Embrace The Unwanted Silence of Covid-19

It can be hard. Even though these crazy times of Covid-19 enlighten us with many new insights, sometimes you just need a little love and comfort. And that's exactly why I wrote this blog right now instead of the one I was intended to share with you. Currently I myself am experiencing some struggles with that. I'm really in the mood for some love. In the end, I always stay positive and I encourage you to do the same but I want you to know that it is fine to feel a bit defeated sometimes too. And if you look at it, it's another sign of knowing what you really want and need in life in order to contribute to your happiness. The only difficult part right now is that due to the corona crisis we cannot really act to achieve. So what can we do?

The first and main thing that I'd like to recommend you is to do more of what makes you happy. Always but especially now. Do loads of things that make you smile, even if it's just a little walk outside in the sun or listen to some music that energizes you. Find the strength in yourself that you don't need anyone else in life to love but yourself. Stay positive. Even look at the bright side of this situation, that forces us to be more creative than we ever were. Because of that, we are provided the opportunity to try new things and come up with ideas we would have never thought of otherwise. This not only accounts to you personal but also to your business (if you have any). Try to not control everything and it will make you more calm. Accept the fact that we are living in a very unnatural situation that we cannot control and that better times are coming. In the future, you will appreciate all your blessings even more and you won't take anything for granted so easily. We are blessed.

Talk about your thoughts and feelings with friends and family. Sharing is caring. Fact! You will notice that everyone is coping with their own challenges right now and that sharing them increases inner strength and support. Motivate each other that you can handle this situation and start believing that what doesn't kill you makes you stronger. Do anything that you feel would help against sadness. Meditate, read a book, dance. Just do it! And remember, if you are in a right place with yourself and your life, you will radiate and attract the same in return. Create your own positive vibes. More on this in the next blog!

Don't worry about what others might think of you. That's not important. At all. Only you are important. Do not worry about what others may think about your way of handling this corona crisis. Now more than ever everyone should focus on themselves and their own needs as again, we are currently in a very unnatural situation that no one knows how to handle. There is no right or wrong way to approach this. Only you know what works best for you. If you wanna cry, cry. If you wanna scream, scream. Just do your thing and let others be. Obviously, that works both ways.

It is very important to let your thoughts in. Accept that they are there and cope with them. Only then you allow yourself to truly grow. I know our thoughts can be so overwhelming and

sometimes even frustrating and frightening, but trust me. Only if you are willing to cope with them you can find true peace eventually. So, feel proud of yourself when you do! It's all for a reason so it's worth it. Reward yourself and allow yourself to feel happy when you've overcome a barrier. Celebrate every little milestone to keep stimulating yourself.

I want to wish you all the best and luck for the upcoming time. May this corona crisis soon be over so we can enjoy life to the fullest again! Celebrate life but in a more conscious way. Stay positive and everything will be alright. If you have any questions for me, suggestions and/or request for future blogs, please let me know. I'm here for you.

If you feel more like a personal coaching session, you can contact me directly or find me via The Coaching Masters. Looking forward to meet you.

Love,  
Lisa

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## About the Writer

Lisa Theunissen is an inspirational woman with a very positive spirit. She became a Happiness Coach to use her personal power and experiences to support others in finding (and start living) their own unique journey to their true happiness. Follow Lisa's journey on @lisatheunissen (Instagram) and check out her website: [www.lisa-theunissen.com](http://www.lisa-theunissen.com).