

This is disease! How to prevent from COVID-19?

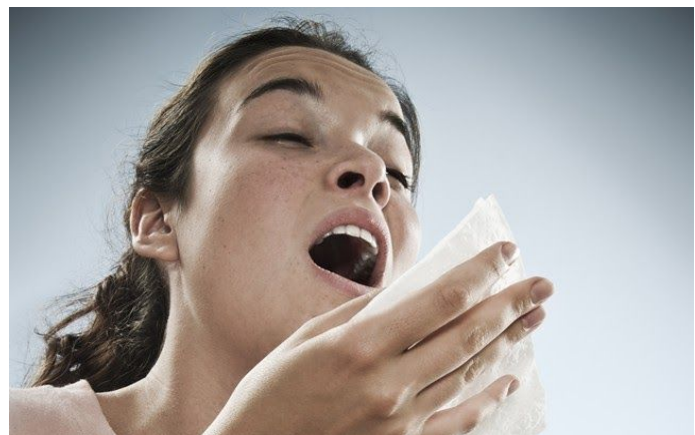
Everyone Should remember those tips



1. Wash your hands often with soap and water for at least 20 seconds. If you were on a trip to a shop you should consider using sanitizer that contains at least 60% alcohol.

2. Avoid touching your eyes, nose, and mouth with unwashed hands and cover your mouth and nose with a cloth face when outside. Remember to maintain those 2 meters between others because mouth cover isn't always the best protection!

3. Avoid close contact with people who are sick, even inside your home and if possible, maintain 2 meters between the person who is sick and other household members.
4. Cover coughs and sneezes and immediately wash your hands with soap and water for at least 20 seconds.
5. Disinfect and clean frequently touched surfaces daily. Especially those you use the most, such as: tables and desks, doorknobs, handles, phones, keyboards, toilets.
6. Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19^[1]



^[1] <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

What we advise to do while COVID-19



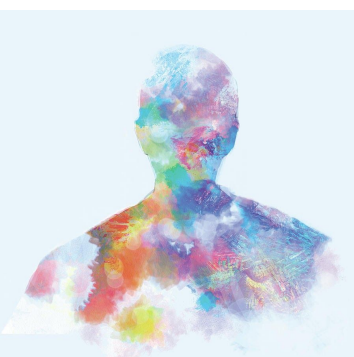
1. **Plan Ahead** - To ensure that there are not huge gaps or work overflows you should consider scheduling your life. Thus you shall schedule high quality exercises first before the other ones. This should work especially good if you're feeling frequently bored. It can also mean dividing large projects if you find yourself chronically busy.

2. **Prioritize** - If you don't manage time you'll never have enough of it. There are always more things to do than you have time for. Make sure to get your values straight so that the highest priorities are handled first so your life doesn't get overtaken by the unimportant ones.



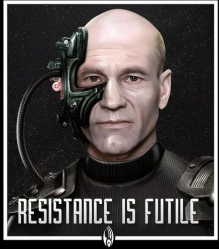
3. **Put Quality of Experience First** - You should focus on goals that will give you a greater quality, not just more status to brag out or a bigger paycheck. It is easy to get sucked in external goals that don't fulfill their promises.

4. **Escape the Motions** - Habits are important part of your life but don't let them take it all over. Break out from the chains of your patterns if they aren't giving you what you need.



5. **Build an Inner World** - I'm not suggesting you to create a complete crack between yourself and reality. You need to realize that if you can't find quality nearby, you can for sure find it within yourself. Solving inner problems, reviewing learning, coming up with new ideas, creating scenarios or even planning things for the future are all areas you can explore in your head without any external stimulus.

6. **Seek Quality in the Now** - What is the thing that you're doing right now? What can you find that has value for you? Even if your environment is bald or overloaded, seeking quality right now allows you to find it.



7. **Resistance is Futile** - Busyness and tiredness could be described as symptoms of what resisting truly is. Fully accepting the situation you are currently in and making the most of it is one way to defeat the feelings. Resistance is something that can't be done half-way. Either seek quality somewhere else, or just accept your ambience and find it right here.

8. **Unchain Yourself** - A lot of mental unease is caused because you feel forced to do something. You have to go to work. You have to study for your test. You have to do this or that. Realize that you don't have to do anything, just accept different results. Freedom is in your mind.



9. **Stop** - Tiredness and feeling overloaded with things are both patterns. They are mental spirals you run on yourself that loop back on each other. If you just interrupt yourself for a couple minutes and think more genuinely about the problem you can often come up with a good answer independent of these suggestions. Stop and conquer.

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