



Accept. Adapt. Advance

Covid 19 has impacted our lives socially, psychologically and economically. We must not only be pro-active, diligent and responsible for ourselves, our families, and our communities, locally and globally but we must also recognize the importance of accepting, adapting and advancing as prerequisites to our new world reality.

Life is changing dramatically for all of us, it is not enough to follow the direction of the specialists regarding hygiene and social distancing we should also take care of what we can control: eating healthy food, exercising, sleeping, resting, releasing stress, meditating, listening to music, reading books, unwinding play games or playing with our pets and doing anything that makes us vibrate at a higher level helping us get grounded despite our anxiety, fear of the unknown and even grief. This will help us prepare for life's new realities, how to accept, adapt and advance no matter the circumstance, inspiring us for our unique life journeys.

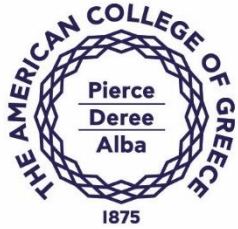
A C C E P T

We're feeling a number of different griefs. We witness the world changing, with a loss of normalcy, the economic toll is hitting us and we're grieving. Collectively. We are not used to this kind of collective grief in the air. We also feel anticipatory grief, that feeling we get about what the future holds when we're uncertain. Usually it centers on death. With a virus, this kind of grief is even more confusing. Our primitive mind knows something bad is happening, but we can't see it. This breaks our sense of safety. Individually or as smaller groups, people have felt this. But all together, this is new. We are grieving on a micro and a macro level. David Kessler the world's foremost expert on grief believes it's important to acknowledge the grief we feel, how to manage it and find meaning in it. Below is a summary of what he said in an interview given to Scott Berinato, senior editor at Harvard Business Review There are five stages of grief ranging from Denial, Anger, Bargaining, Sadness and ending with Acceptance.



Acceptance, as you might imagine, is where the power lies. We find control in acceptance. I can wash my hands. I can keep a safe distance. I can learn how to work virtually.

You can find the full interview here [That Discomfort You're Feeling is Grief](#)



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A D A P T

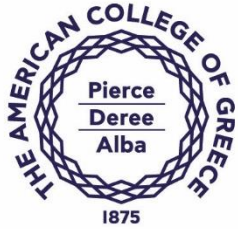
During these uncertain times, and in spite of the difficulties we witnessed, as *individuals* stayed apart, the *world* stood together united with hope and goodness. We have seen people singing morale boosting songs, dancing, from their balconies, sending motivational and uplifting messages and songs to people in self isolation in solidarity with each other. Individuals and companies donated money for medical equipment. Our environment is changing, pollution dropping, waters clearing. Despite the panic stories with people fighting over toilette paper and food, Covid-19 has triggered acts of kindness around the world; volunteers delivering groceries and medicine to the elderly and vulnerable. Supermarkets in some countries created a special "elderly hour" so older shoppers and those with disabilities have a chance to shop in peace. Alcohol distillery and expensive perfume brands producing hand sanitizers, or Colleges printing 3D protective equipment as was done even here at Deree.



Adaption to our new realities

- Governments have recognized how crucial it is to build solid health care systems that are available for all.
- Businesses are using new methods to meet market changes.
- Organizations and businesses are switching to online services: top libraries, museums, opera house, galleries all over the world have offered virtual tours, use of books, concerts most of the times for free or at very low cost.
- Schools, universities, businesses operating fully on line.
- Ordinary people becoming more creative in terms of using technology for communication, work, connecting with colleagues, friends and loved ones.





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A D V A N C E

Staying Relevant is the New Normal

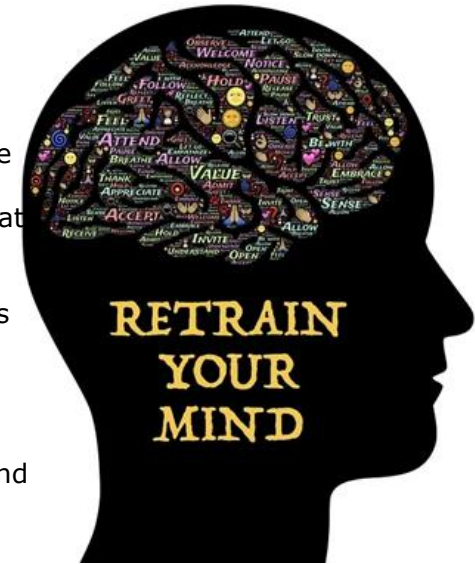
What's needed now is for people to create opportunities that reflect the present reality. Our world can no longer be what it was before. We have to be relevant to the times and people that have changed. This is the challenge for industry now. We are given a great opportunity to rediscover ourselves, and at the same time, we now have new and exciting ways to communicate.

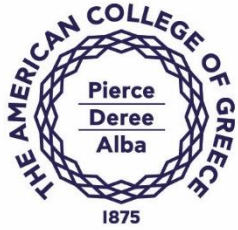
We are entering a time in which people change consumption patterns. Fitness solutions for home, home entertainment, people-tracking and data security, new health-care equipment and online education solutions, to name just a few, will be in higher demand.

All of these developments create many new opportunities for businesses and advancement.

Filmmaker Jose Javier Reyes' mantra for the past three months has been: "accept, adapt and advance." "Accept, because you have no choice," explained Reyes. "Adapt, because that's the only way you can deal with the situation" and then "Advance, find a way to make do with what you have, then move on."

Read more: [Joey Reyes on Staying Relevant in the New Normal](#)





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Words for the Wise

As we navigate the unprecedented challenges that COVID 19 brings we realize there are future threats which cannot be understood, measured nor predicted. If we want to be in the driver's seat then we have to be flexible and rethink and adjust our priorities. In the meantime, we should concentrate on what we do in order to be a in a good physical, mental and spiritual shape.

1. Be flexible and ready to rethink, reorganize and adjust our priorities at any time
2. Lead a lifestyle that emphasizes the wellness of our mind, body and spirit by eating healthy, exercising, getting proper sleep and rest.
3. Recognize and discuss our fear, stress, anxiety and grief.
4. Use our quarantine/isolation time when present as reflective and time for growth to enroll in a new course, make art crafts, exercise, meditate, dance, garden or do anything that grounds us and helps our personal spiritual growth in order to be able to flow and adjust to any new reality.
4. Recognize that there will always be hope even though we have been humbled, individually and collectively. We have realized that we are resilient enough to accept, adapt, advance. We evolved into recognizing that human beings are equal and united and our wellness is directly tied to the wellness of others. NAMASTE



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