



5 GOOD THINGS TO COME OUT OF COVID-19

1. All countries in the world showed their humanity to their own people. They become introspective and taking quick decisive and positive action. Everyone agreed the importance of quarantine and the new word that sprout out like enhance 14 day quarantine, lock down, social distancing, boarder closing from all countries.

2. The leaders of the world scampered in unity on how to combat this disease and have never been cooperative in sharing best practices on how to prevent to stop the spread of this virus.

3. The new order is to stay at home. Have you ever wondered why? Maybe we need to go back to the basics of life. Family and Community! We need to have more time for our loved ones. Bonding this time is enforced by the circumstances, or is it. It could be a message from each of one to itemize our priorities. They are our family, our health and our values on life.

4. We realized how we all are under the mercy of Mother Nature. Others were saying this is the effect of climate change, some are saying because of our abuse to the environment. We should be more proactive in taking care and protecting Mother Nature. It was proven that pollution in areas of the world in lock down, Mother Nature regenerated very quickly.

5. It is a wakeup call for the religious or spiritual or whatever to meditate about life. How we suddenly see the changes in paradigm at looking at things now and in the future.

There is a lot of despair, anxiety and increased mental health issues but our faith sustains us and we should recognize the positives now, we will emerge on the other side of this stronger spiritually and refocused on what is most important in our humanity.

Bob Illman