

Pandemic Survival Tip Sheet

WHAT IS A PANDEMIC?

Previously thought to belong only to the realm of myth and ancient history (where people were unclean heathens and toothless ghouls), a pandemic is a disease that is prevalent over a whole country or the entire world. We are currently living in a time of Pandemic. Major bummer for us. <heavy sigh>

A PANDEMIC'S QUALITIES ARE:

cold, dry, light, and mobile :: like an unseasonably biting wind that swoops in when you least expect it, wreaking havoc and causing you to question the very nature of time, existence, and reality

TOO VIRULENT OF A PANDEMIC MAKES LIFE PROBLEMATIC:

fast-moving particles transmitting too much life-altering information in an impossibly short period of time and over an improbably large region

WHEN THERE IS TOO MUCH PANDEMIC ENERGY, IT LOOKS LIKE THIS:

too much contradictory information leading to worry, anxiety, overwhelm, confusion, uncertainty, digestive upsets, a craving for sweets, and constipation

TO RESTORE BALANCE DURING A PANDEMIC, EMPHASIZE:

regular daily routines (get up, go to bed, and eat your meals at the same time every day), eating healthy and nourishing foods (a little pie and chocolate is ok, too), sleeping, smelling the roses, adequately hydrating, continuing all of your self-care practices (brush your teeth, at least), connection with your loved ones, patience

SO, WHAT IS A PANDEMIC GOOD FOR?

shaking you out of your complacency, making you take responsibility for your attitudes towards nature, forcing you to be creative, knowing who you can count on when the chips are down, showing you what *really* matters in life

WHAT TO DO?

Basically, a Pandemic is a time of massively excessive Vata dosha. To deal with this situation, tend to Vata. Because Vata is so quick to FREAK the eff OUT, I'll make it simple. Do these things. All of them. I know you won't like doing them. Do them anyway. They will make things bearable. Trust me.

- ✦ Slow down. A lot. You aren't getting anything done, anyway, so you may as well give it up.
- ✦ Stop thinking. This Pandemic is smarter than t can't out-strategize it. Start going with the flow.
- ✦ Keep toasty warm. Bundle up so that your blood can continue to flow, transporting heat and Oxygen.
- ✦ Hydrate. Warm water with some grated ginger is a good idea. A nice chai is always good, too.
- ✦ Keep your immune system strong: eat onions, garlic, ginger, and turmeric at least once every day.
- ✦ Take your triphala. It has high vitamin C content. Oh yeah, and it helps you to keep pooping.
- ✦ Get out in the sun for some vitamin D₃—or take a supplement.
- ✦ Get some sort of exercise every day. Pacing up and down your hallway does not count.
- ✦ Bathe. Epsom salts are a nice addition—and add in an abhyanga.
- ✦ Commune with nature: tend to your garden, walk in the woods, look at the sky, listen to the birds, watch the sunrise.
- ✦ Give your loved ones a heartfelt smooch and a smooch—over Zoom, if that's what you have access to.
- ✦ Eat warm, moist, nourishing meals, eating only (ok, mostly) when you are truly hungry.
- ✦ Know that this, too, shall pass.

For more helpful information (and to find out what the heck the terms triphala, abhyanga, chai, and vata refer to) or to schedule a consultation (for personalized recommendations), check out our website. You can also find us on Facebook, Instagram, YouTube, Twitter, and Patreon.



Ayurvedic Health Center & Wellness Shop LLC — Blissful Healing

360-734-2396 — contact@AyurvedicHealthCenter.com — AyurvedicHealthCenter.com

©2020 Katrina Svoboda Johnson and Ayurvedic Health Center & Wellness Shop LLC