

I'm Dr. Divya Mohindroo
a counselling psychologist
from Delhi and founder of
'Embrace Imperfections'.

Life is never going to be the
same in the post-pandemic
world.

I've prepared a guide to help
you navigate the 'new normal'
of this new world.
Read on..

Never brush your true feelings aside, always honour your fears & anxieties, they will guide you to your true self.

Take time for yourself everyday to reflect on your feelings and state of body and mind





Move your body daily, do some form of exercise which makes you happy—this could even be dancing or yoga

Find ways to actively divert your attention when you're upset— you can engage in activities that stimulate your mind and creativity such as puzzles and craft work

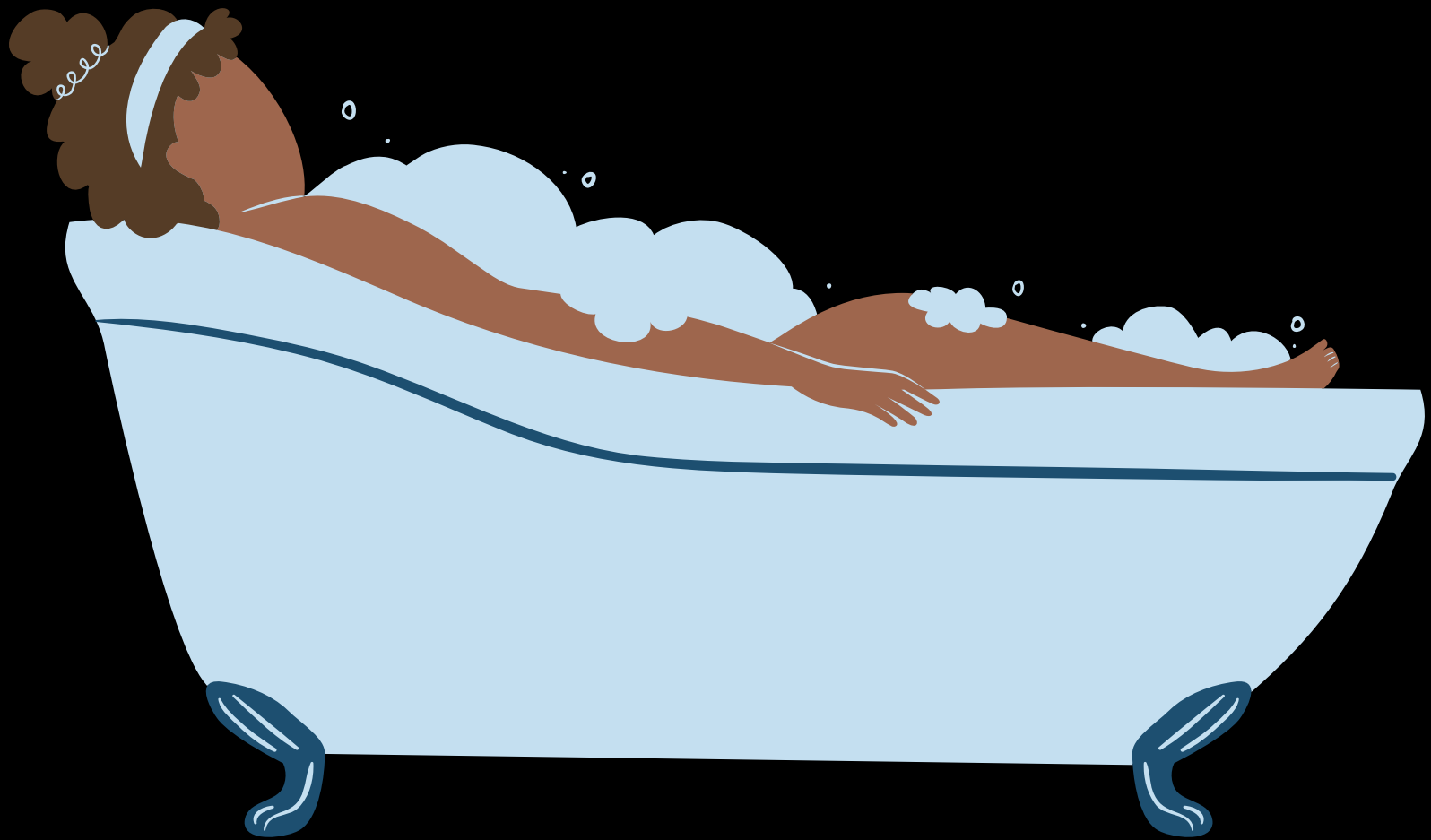




Practice gratitude daily for 5 minutes. Just write what or who you are grateful for, it will attract good vibes in your life

Take photos of the people you love

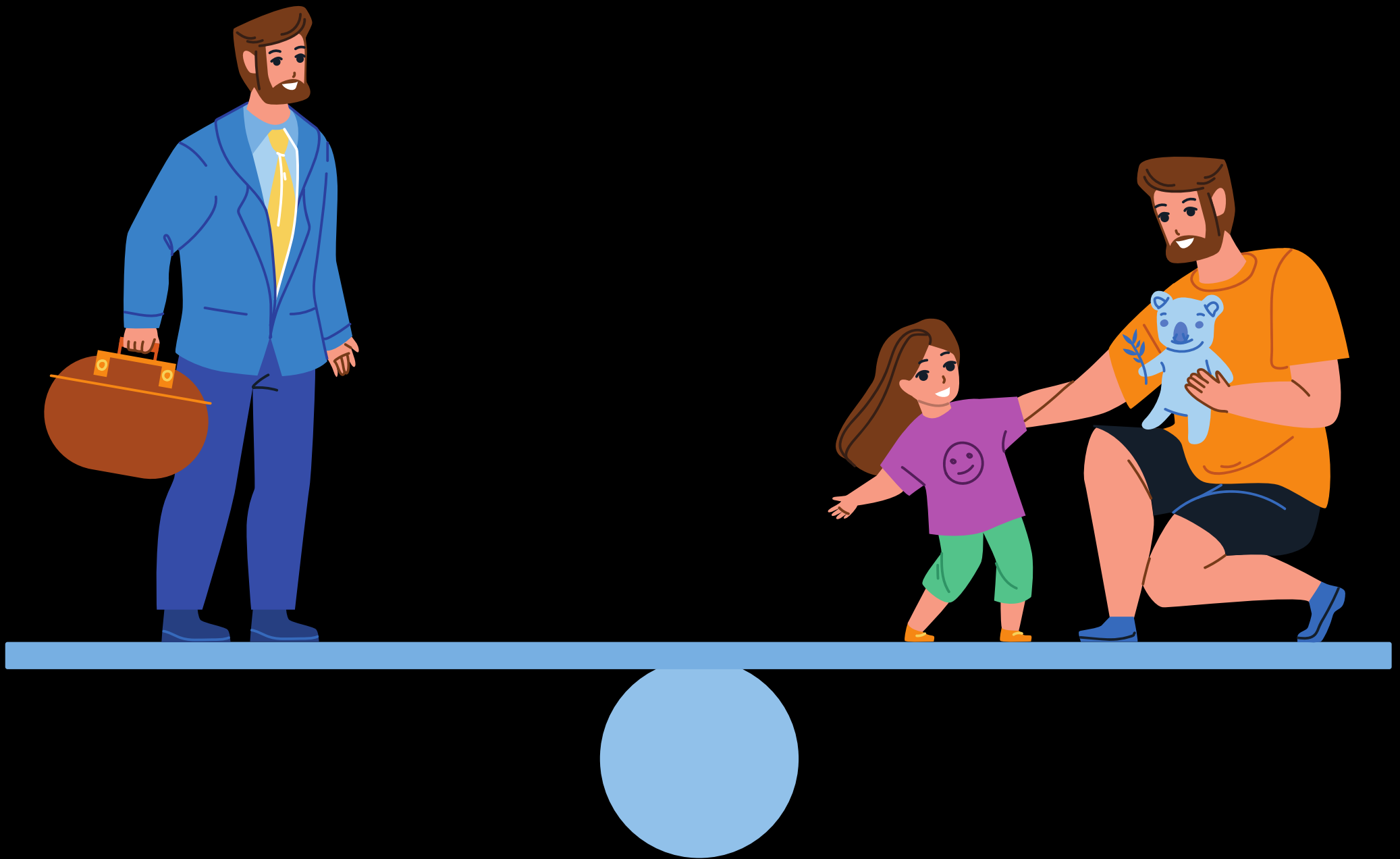




Spend half an hour everyday to pamper yourself— take a hot shower or oil massage just to get the feel good hormones

**Avoid overwhelming yourself with social media,
set a separate time in the day for it & avoid
devices before sleeping.
It will improve your sleep cycle.**

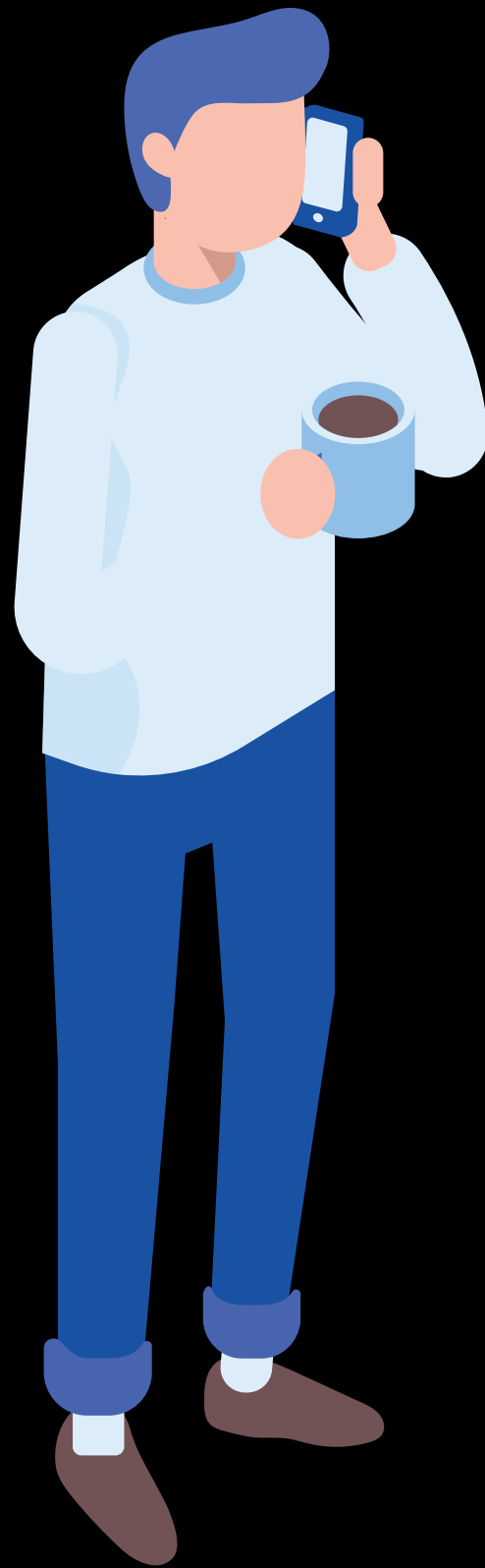




Try to maintain a rigorous work-life balance

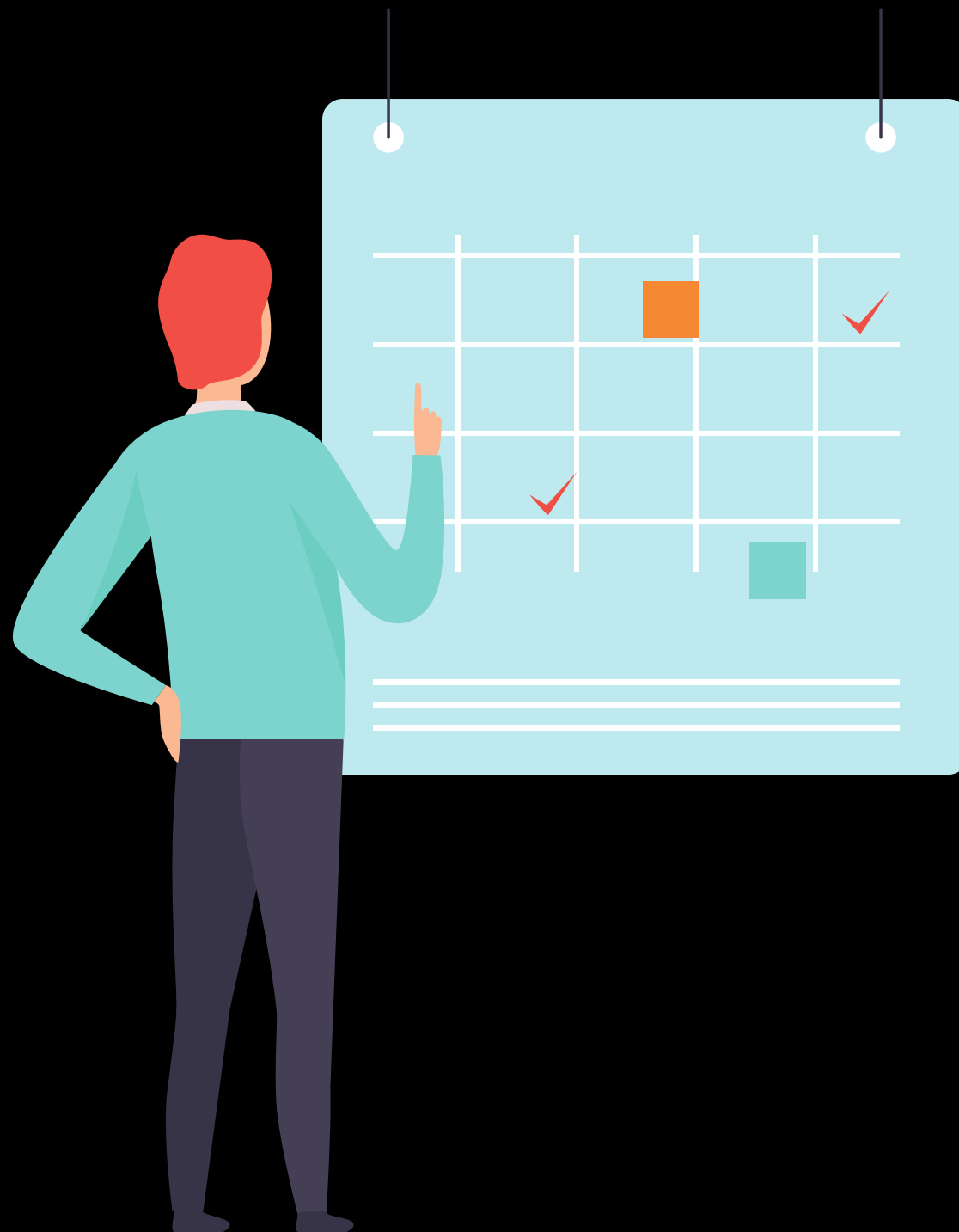
Make a checklist for the week & break your tasks this will help you to feel accountable yet not pressurised.





Connect regularly with your loved ones & set boundaries when you need space

**Assign one day to think about your worries and
set aside a worry window on this day.
Try your best to avoid worrying at other times
and on other days**





**Create a budget and buy only what you need
it will bring a sense of stability to your mind**

**End each day with journaling your feelings in
your journal diary.
It will help you chart your progress**





**Last and most important of all— always
concentrate on your breathing as it truly
signals what is right for you.**

**Do deep belly breathing at least twice a day
— it will relax and keep you connected with
yourself and your environment**



Any good habit it takes 21 days after which it becomes a part of your life.

I hope these tips help you in coping with the new normal of the post-pandemic world.

