

Stay Positive

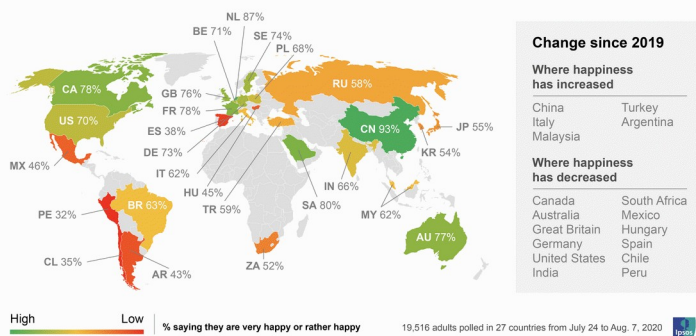
during Corona



Everyone missing being together - not only you

We know how hard those times are and that a lot of people feeling down and some even have depressions. In those hard times when almost everything is shut down and everyone spends most time home, happiness decreases in many countries of course as you can also see in the survey from Ipsos that was made in the corona year 2020. We want to prevent that more people reach their low point of their lives. You can surely have a better time when you see the crisis as a chance and follow our advise to stay positive during corona. You can help us if you share the hashtag #GVDCT(good vibes during corona times) on social media with our poster.

What percentage of people say they are happy?



Stay close to the others

- You can meet up digitally with your friends and have a conversation with a friend in video meetings, you can also play some games with him/her and share some fun with them.
- It's possible to order flowers contact-free or just send a letter to your friends. That will not only show that you don't forgot him/her, it will also be a big surprise.

Do something for your mental or physical health

- You can do some activity at home to compensate your movement during the lockdown
- Cooking/baking is a great way to get creative and can make happy
- Or just explore the outside world on foot or by bike

Cut out negative thoughts

- The easiest way to get rid of negative thoughts is to write down the positive things that happened to you.

Professional help

If you are suffering so much under the situation that you doubt your life, you should call the crisis hotline:
1-800-273-8255