



Replace Feelings of Helplessness with Hope, Positivity and Gratitude, Experts Recommend

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Finding a silver lining and a reason for hope during the current challenging environment is easier said than accomplished but, according to the advice of several mental health professionals across the country, therein lies the key to enduring and navigating the crisis. The physical state significantly impacts the mental side, and fitness experts stress the importance of eating healthy, avoiding the urge to overeat and maintaining some semblance of an exercise routine to lessen anxiety.

Nothing good can be accomplished from a negative mindset

“Work diligently, stay positive and act from a hopeful mindset,” implores **Kathryn L. Goetzke**, Chief Mood Officer for The Mood Factory, Founder of iFred, and author of ‘The Biggest Little Book About Hope.’ Based in Reno, Nevada, she explains “nothing good can be accomplished from a negative mindset, so if you are feeling sad, angered, or scared, recognize those feelings and listen to what they are telling you. Don’t act when in a state of distress. Amp up your practices of expressing gratitude, being kind to others, getting a good night’s sleep, eating well, performing meditation or deep breathing and praying.”



Kathryn L. Goetzke, The Mood Factory