

Lifestyle – pre and post COVID-19

Introduction

Change is essence of life; it is an eternal phenomenon. As more and more scientific inventions and discoveries were made, new technologies were developed, the lifestyle, thought process, work habits, work culture also changed accordingly. At present, the social media is ruling the communication world.

Change in the happening -

The Coronavirus disease (COVID-19) is about to bring a major change. It has gone global affecting almost all countries, societies, and health systems. It is disrupting varying spheres of our social, political, and economical lives. This is a time when –

- The mind is very confused.
- People are scared.
- The daily course of life is changing.
- We are locked in one place and things do not proceed as life would usually.

The outbreak has affected so many parts of life, for so many people, that it stands as a pivotal point in history that fundamentally alters the way we live.

Our lifestyle pre-COVID-19:

1. **Traffic** – so much traffic everywhere on road and in the sky
reason – globalization, international trade, distant workplaces
result – pollution, loss of available resources (time/efforts/money)
2. **Imbalanced eco-system** – industrialization, urbanization, agricultural land converted into commercial properties lands, cutting of plants/trees.
reason – high consumption, wastage of natural resources (water etc)
result – polluted air, effects immune system and health
3. **Inflation** – cost of products increasing
reason – luxurious lifestyle (offices, homes), excessive traveling
result – high overheads leading to higher cost of production

4. **Overspending** – spending more than income
reason – show off (parties, dressing, marriages), होड़
result – high indebtedness (USA - \$22.7 trillion, India - \$543 million).
5. **High unemployment** – constantly increasing
reason – no interest in farming or low skill workforce, loss of small scale/cottage industries
result – more and more youths, although educated, are unemployed.
6. **Discrimination** – based on race, religion, wealth, power, etc.
reason – orthodox societies, lack of education
result – discrimination in all aspects of life.
7. **Depression** – high rate of suicide, depression, etc.
reason – high usage of social media, high stress, comparison, etc.
result – loneliness, anxiety, fear.

Suggested Lifestyle

1. Keep fit –
 - a. Physically – gym, sports, yoga, eat well (avoid junk food, non-veg).
 - b. Mentally – meditation, relaxation, read good books, slow down
 - c. Emotional – prayer, mantra-chanting, devotion to guru
2. Optimum utilization of resources -
 - a. Reduce unnecessary commute/travel
 - b. Use technology – virtual office, telecommute
 - c. Reduce lavish spending just for show off – preserve resources
 - d. Reduce wastage of natural resources (water, electricity)
 - e. Reduce overheads

3. Maintain cleanliness –
 - a. Maintain hygiene – keep home/office clean
 - b. Clean environment – respect the nature and balanced eco-system
 - c. Ethical business policies
 - d. Value systems
 - e. Clarity in thoughts and vision
4. Create positive environment –
 - a. Positive thinking – You are what you think
 - b. Avoid all kinds of negativity – anxiety, fear, hatred
 - c. Be gentle and caring to all (irrespective of their race, religion, nationality, financial standing)
5. Look for opportunities (not jobs) -
 - a. Develop your skills to provide right value addition.
 - b. Encourage and consider small-scale/cottage industry.
 - c. Participate and take help of Skill India / Make in India programs.
6. Remain joyful and happy always –
 - a. Live in the moment
 - b. Reframe Self-Quarantine as a Spiritual Retreat – You are 'Safe At Home' – not 'Stuck At Home'.
 - c. Spend quality time with your family

Lessons to learn from the current situation

Values will change, our lives and habits will change, and our homes will also change.

We should start thinking about the next four or five years – What do we want to be doing? What do we want to achieve with our life? What have we learned from this experience that can lead to a more productive and fruitful life?

1. Some Lessons to learn -
 - a. Common humanity – we are all equal - The virus does not discriminate by race, religion, nationality, wealth, power.
 - b. Collective Fragility – despite our grand 21st-century advancements in medicine and technology, an invisible virus had brought the entire world to a stand-still. It has demonstrated our weakness, fundamental vulnerability. Man is not the ultimate source of power; that there is a superior authority beyond us.
 - c. Technology can be harmful too – the rapid spread of the virus has been enabled by all the technology and connectivity that 2020 facilitates — airplanes, global business, a shrinking planet.
 - d. Cohesiveness - everyone and everybody is tied to one another. We are all connected and responsible for each other. Shelter-in-place is to save others' lives.
 - e. Love is contagious too - We are reminded again of the total interconnectedness of all life on this planet. The current situation also unites people in an emotional and spiritual sense by providing opportunities to care for each other.
 - f. COVID-19 pandemic reminds us that we are, deep down, spiritual beings, whether we realize it or not.