QUOTE **OF THE** DAY

DO NOT DWELL IN THE PAST, DO NOT DREAM OF THE FUTURE, CONCENTRATE THE MIND ON THE PRESENT MOMENT. **BUDDHA**

A lesson in leaders

CORNELIA MEYER

by rising Asia.

G20 territories account for 90 by the pandemic. percent of the world's GDP and the first time.

causes, COVID-19.

geography and time frame, which allows other parts of the world The G20 comprises the to come to the rescue. COVID-19, world's most powerful however, affects the whole world economies – 19 countries simultaneously, with no predictand the European Union. It was able timeframe. In other words, founded in 1999, when it became this is a global crisis necessitatobvious that the leading indus- ing global solutions. The G20 is trial nations of the G8 needed to one of the most global economic be supplemented by the growing frameworks, and therefore ideally emerging economies, particularly placed to co-ordinate efforts to address economic hardship inflicted

Last week it proved its leader-66 percent of its population. The ship, with a heads of government group has only three majority summit via video conference, host-Muslim members — Indonesia, ed by King Salman of Saudi Arabia. Turkey, and Saudi Arabia. The He wasted no time driving home Kingdom is the only Arab mem- to global leaders that the world ber, and has assumed the group's is seeking leadership, help and rotating presidency this year for compassion from the G20: "This human crisis requires a global re-The G20 was the vital frame- sponse. The world counts on us to work coordinating a global re- come together and cooperate in sponse to the 2008-09 financial order to face this challenge. Decrisis. The new global crisis is spite the importance of any counthe coronavirus and the disease it try's individual responses, it is our duty to strengthen cooperation As former US Federal Reserve and coordination in all aspects of chief Ben Bernanke has pointed the adopted economic policies."

earthquake is limited in terms of ty to extend a helping hand to de- Arabia, March 26, 2020.



out, a natural disaster such as an It was the group's "responsibili- Saudi Arabia's King Salman chairs a video conference of world leaders from the Group of 20 and other international bodies and organizations, from his

Coping with the coronavirus pandemic for people

JOHN SHARP

coronavirus pandemic and COV- these unprecedented times. ID-19. If there was a way to dispel all anxious feelings, I'd tell you, but there isn't. The one exception **health professional** might be someone who could sumvery unwise.

discomfort and can manage their the past. anxiety in a healthy manner. Oftrouble coping.

How can I cope with the coronavirus outbreak if I have a pre-existing anxiety disorder?

Anxiety disorders take many forms and affect many people. from So, what happens now if you're someone who has suffered way to take a breath and divvy up the too much already with a pre-exist- different emotional contributions ing anxiety disorder? For example, perhaps you have been, or could be, diagnosed with panic disorder, post-traumatic stress disorder

(PTSD), or obsessive-compulsive disorder (OCD). Hopefully, you may These days, we all have to find that the tips below will help accept the anxiety inherent you cope more successfully with in living in the time of the what we are all facing together in

Seek support from a mental

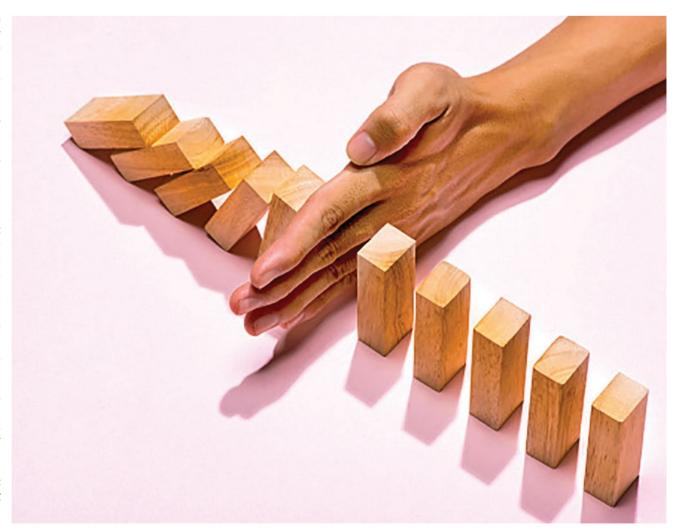
Talking to a mental health promon such a degree of denial that fessional can bolster your ability to they carry on as if everything was address present concerns, and help normal. And that, as I'm sure you you clarify where your feelings are can see, would prove to be very, coming from, as explained below. When you're feeling extra worried Anxiety helps us prepare to or overwhelmed, it could be that respond in a more adaptive and some of your feelings are from the healthy way. Some people find it present challenge and some are possible to tolerate some degree of from challenges you have faced in

Many psychotherapists and ten that's because some people health plans are offering telehealth have done well under this kind of visits during this time. Ask your challenge already, albeit in very therapist or insurance plan if this different contexts. Life has a way is an option. More therapists than of requiring this. Yet other people ever before are moving their prac-- particularly people who have tices online. If you search for theranxiety disorders — may under- apists in your area, their websites standably be having a great deal of may tell you whether they participate in telehealth. Additionally, some national telehealth apps offer therapy via video or audio chat.

Work toward separating out where your feelings are coming

Doing this work can allow you that feed how you're feeling.

Try saying this, for example: "Of course, I'm more



concerned than (my roommate/my friend/my family), because I'm practiced at feeling anxious or helpless."

The next step is to recognize that the percentage of feelings that stem from the past do not have to govern how

you necessarily feel in the present. Try saying this out loud: "Well that was then, this is now." A simple state-

ment lil open th nificant Gently