

SOCIAL DISTANCING AND HUMAN DISTANCING : DO NOT FALL FOR THIS TRICK

YOU LOSE



YOU WIN



If you want this episode to bring you something instead of removing something from you, it is important to see the difference between **social distancing and human distancing**

You may want to protect your health and masks, gel and distance are only one way, good food, less stress, good sleep are FUNDAMENTAL to maintaining a good immunity

But what you can potentially lose if you are not careful is your humanity in the process : you do not want to do this to yourself and to others, do you ?

So please take the opportunity of this sanitary situation (or believed to be) NOT to lose your humanity, **but instead to increase consciously your kindness to yourself and to others**

Bear in mind, everyone you are talking to, also underwent lockdown, it is not easier for them than it is for you, try to be kind to them, they will feel it and you keep human balance, you can even increase your humanity : let not yourself be damaged by the psychological effects