

## **While waiting...**

By: Katalin Varga

Find a **comfortable** position so you could pay close attention to my words. If you would like you could close your eyes, but it is ok to listen to what I am saying with your eyes open.

We are in an extraordinary time, and all of us have to adjust to this unusual situation. It is understandable if there are some who react with tension and anxiety. It is perfectly understandable as there are so many other things to do, and you would rather be at home with your loved ones in your own familiar surroundings with your own familiar objects

However, this is the place and situation now required by professionalism and common sense. Accurate diagnosis and observation provide the basis for effective treatment. It is in your own personal interest just as well as in the community. That's **what security is...**

So, use this time to release some of your excess tension.

Take a **deep breath** and let it out very very slooly.... Take another one and let it out even slower..... and just let all your unnecessary tension, stress and worries leave you... so only the essential amount would stay what is needed for good stamina and to be well energized.

It is already much more pleasant... It is an excellent opportunity to use this waiting period to **recall** pleasant memories... in details... a nice holiday you took... time with friends you spent... or a specially fantastic spring moment you remember... or an exquisite meal, or drink you had... or some outdoor activity you love... or anything else you choose...

You could use this time to thoroughly think over your future plans. The things you would like to achieve... special circumstances could bring special ... original solutions...

And there is another interesting possibility...you could use your imagination... and you could transport yourself to a place you would rather be... your favourite place... the one that means unwinding and recharging... Imagining all the tiny details of this place or situation... all the colours, the lights, the smells, the temperature... everything more and more realistic...

Not only does it make for your time you wait here more enjoyable, but your **body is getting recharged**, and it triggers all those processes that strengthen your immune system, aid you in meeting challenges ... all in a calm, connected manner...

Immerse yourself in these situations for as long as you can. Give in to your inner possibilities, wander around in the treasure house of your imagination.

You could open your eyes whenever you feel like it... or when it is needed... and look around... keeping all the pleasant feelings you have in your body and mind...