

How to be Positive during Troubled Times?

Stop being a victim

It means do not be ashamed if you are homeless and struggling financially because people know it is the lack of affordable housing. Do not be ashamed if you lose your jobs and are out of work.

Focus on the positives

Give thanks

Reach out to others

Get enough sleep

Limit bad news

Join forces with others

Get close to nature

Re-evaluate the meaning of your life

When you still act like a victim during troubled times, you will continue to put yourself in a struggle and continue to hurt financially. You will live in poverty long-term. People that act like a victim becomes bitter and resentment. Thank God for what you have. If you live in a family and relative house unemployed or struggling financially, you need to be thankful for your housing situation and do not have to live in a shelter. If you are displaced from work for coronavirus outbreak, you can be thankful with a house or home you can go to be quarantined to prevent disease. If you have a bad marriage or relationship, you need to be thankful you are in a commitment with someone with house, food and other possessions.

Be thankful for friends

Be thankful for Family

Be thankful for spouse

Be thankful for food and housing

Be thankful for love and support from others

Be thankful for your health and safety from evil and enemies

Be thankful for your mate, such as girlfriend, boyfriend or partner

Be thankful for your job and work

Be thankful for your faith in Lord and well being on earth

It is good to reach out to others during bad times. You can talk or volunteer at homeless shelters to reach out and help the homeless. You can talk and reach out to low income people dealing with bad times and living in a struggle. You can reach out to family and friends that can help you financially and bounce back financially. People that are stuck up and do not want to help you by acting like you are a victim. That is not good people to reach out to, such as Tomiko Dawkins at Light the Life Rescue Mission in Pittsburgh is a bad person to reach out and talk too. She is a tough and bitter and resentment type of person.