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CORONA VIRUS

Manage Stress



Stress is an important and natural stimulant that compels us to adapt to a new environment or lifestyle change. It causes a physiological response that helps us either flee or fight the threat or stressor.

But spending too much time on high alert can have damaging health effects.
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Ramadan

By Sumaiya Malik

Ramadan has always been for Muslims, a time of contemplation, fasting, physical and mental clean-



liness, sharing food with other Muslims who fast, charity and reflection about the community and after life. This year is not different with one exception.
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CARES ACT RELIEF

For many Americans, the current state of the economy is creating real financial challenges and concerns. However, the federal government's recently enacted CARES Act is intended to provide some financial relief to families and business owners who may be struggling to manage their finances, using cash disbursements,
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NEW COVID NORMAL

It's always the right time to commit to healthy habits, behaviors and steps to improve your physical and mental health.

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COVID Loneliness

As a result of the coronavirus pandemic, many people are staying in their homes to help prevent the spread of the disease.

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COVID Big Zoom WEDDING

Sushen Dang, 26, and his fiancée, Keerti Narang, dreamed of making their wedding an affair to remember -- but not like this.



Instead of hundreds of guests descending on a wildlife resort for a multi-day revelry with cocktail parties and elaborate feasts, the couple got married over the video conferencing app Zoom.

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Employed?

Self-quarantines and stay-at-home orders as a result of the COVID-19 pandemic are having an impact on employment right now, and that may continue for some time.
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Personal Information and COVID

Americans are spending more time at home, which means they're likely spending more time online. While their attention is focused on staying healthy, they shouldn't forget to stay vigilant about cybersecurity either.

The FBI recently warned that cybercriminals are taking advantage of the current environment to steal personal information and money.
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insider

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Stay S

Creative Visualization To Overcome PTSD

By Murl Menon

Stress levels are zooming everywhere, particularly mass fear fuelled by external events such as Corona Virus nicknamed Covid-19. Here is an antidote.

Stress levels are zooming everywhere, particularly mass fear fuelled by external events such as covid-19. Inner balance gets lost. The mass media is adding fuel to the fire by live telecasts and minute by minute updates. The immediate aftermath of this global event is felt by the victims' immediate family and friends. As the victims families recount their tales, the psychological impact of the tragedy multiplies in geometric progression and within a few hours the whole populace is under severe physical, spiritual and mental stress. However, as one is not even aware of the effects of such unfortunate events on the unconscious mind, one brushes it off as a

routine event! This is not wise.

Post Traumatic Stress Disorder or PTSD is the hidden and long term danger. The consequences of PTSD can cause incalculable damage to the collective unconscious. This can push the mind to make irrational and biased judgments leading to further distress. The need of the hour is to be calm, composed and united in the wake of this unfortunate medical emergency. There is no benefit in playing the blame game as the past cannot be changed. But we should not let this impact our present and future. When you lose you lose but don't lose the lesson. The need of the hour is to learn from our mistakes so that history does not repeat itself at regular intervals! A simple visualization technique called Rewinded Movie can be of tremendous help for all victims of PTSD.

The ZeNLP Rewinded Movie Technique

Sit in a comfortable posture in a place where you will not be disturbed. Play soft music in the background. Now, close your eyes, roll your eyeballs upwards and take three deep breaths. After taking three deep breaths, you can allow your eyeballs to move downwards and visualize a blank screen.

Now imagine you are watching a movie of the traumatic event in color. You are alone in the theatre watching the event unfold on the cinematic screen in full color.

Now, repeat this visualization, three times. Next, rewind this movie like a video player being rewinded till you are at the start of the event. Now, repeat this visualization, three times.

Open your eyes. Switch off the music and repeat the whole exercise again without the music.

Outcome of this ZeNLP visualization exer-

cise:

Your mind has deleted the trauma of the event on your unconscious permanently. This is equivalent of deleting a document from your recycle bin and emptying the recycle bin and emptying the deleted file such that it can never be deleted!

One can realize the tremendous power of one's mind by employing this technique. If all the traumatized individuals repeat the event from one's unconscious, the event on the collective unconscious can be erased. This is the best strategy to overcome covid-19.

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World Hindu Council Of America's Initiative: Food For The Front Liners

Volunteers from Vishwa Hindu Parishad (World Hindu Council) of America contributed to the fight against the Corona virus in their own way - by feeding the Fighters on



the frontlines of the fight. Called "Food for the Front Liners", this effort is raising funds to buy food and deliver to the doctors and nurses who are directly treating the Covid-19 patients in Emergency rooms and tents outside the hospitals across Massachusetts.

The idea came from one of the volunteers talking casually with one of her friends, who was a doctor who was directly involved. She said she got so hungry during the day, because the line of patients needing attention was so long, there was not even time during the day to stop to get food. It was not only her, all the people in these "Covid Tents" as they are called, do not have time to stop

for anything. As a result, they keep working, sometimes late into the afternoon, until someone stops and buys food for them.

Anit Gupta delivering food to UMass Memorial, Worcester.

From this casual conversation was born this idea of buying food for these brave doctors and nurses and delivering it to them. A flyer was created and circulated amongst the community. Various restaurants and sandwich shops were approached, and sandwiches, chips were bought and delivered to area hospitals, starting with UMass Memorial Hospital in Worcester. Apeksha Tripathi M.D, from UMass Worcester says, "I was touched by their humility and by the efforts they took to express their gratitude and support for Health care workers."

Three days after this was started, we are already starting to see the results of this initiative.



Food has been delivered by dedicated volunteers to UMass Memorial Hospital in

Worcester, and Lowell General Hospital. Anit Gupta, one of the first volunteers to deliver the food, said, "it was a very satisfying feeling to think that I could do something for our doctors and nurses, who are putting their lives at risk for us during this Covid-19 pandemic."

Katherine Fredette, R.N from UMass Hospital Emergency room, expressed her appreciation to the volunteers. She said, "We can't express enough gratitude to the organization and its members."

Abhishek Singh, volunteer, thought it was "very rewarding to be able to help someone who was helping so many people stay healthy during these tough times."

Food delivered to Lowell General Hospital Sangeeta Singh also echoed other volunteers. She said, "It was a great feeling knowing that I could help someone who is doing so much for the community."

This is an ongoing effort to provide much-needed nourishment to the weary healthcare workers who are risking their own safety and health to keep the public safe. Please donate generously to this initiative, so that the work can continue as long as it is needed.

This is also an opportunity to do your part by volunteering to deliver the food to the various area hospitals. To Donate please visit: <https://www.vhp-america.org/donation/>

During COVID-19, Simple Steps To Establish A New Normal

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5. Feel your feelings. It's natural to feel sad and be afraid at a moment like this. It's important to remember there are public health officials at all levels, as well as experts in the profession working tirelessly to limit the spread of COVID-19.

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6. Stay connected. Social media is a common connection point during isolation, but there is real opportunity to stay connected via phone and video chats with friends, family, and even people you haven't heard from in a while. Physical distancing is important, but it's still okay to socialize.

7. If you have children, talk to them in an age-appropriate way, and avoid overwhelming feelings to them. Don't say, "I'm scared." Kids are observant and pick up on cues. They may know things are different, but they may not be afraid. Let them know smart people are working on ways to keep everyone safe. Model healthy coping. (