

# QT Pakistan Prism



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## It's of utmost importance to stay positive now: Motivational speaker

**H**ALF glass full is much better than half glass empty, is a motto Malik Nasir Nawaz has followed his whole life. A corporate trainer-turned-facilitator and mentor for future executives and professionals, and the CEO of MN Learning Solutions Pakistan, he is a professional corporate trainer and motivational speaker with over 25 years of experience. He has been facilitating the corporate sector all over the world by providing practical, interactive trainings, workshops, seminars and mentoring sessions. He has been coaching, training and mentoring top management and professionals of multinational and blue chip organizations all over the world. He has been engaged by noted organisations in Qatar for different training and learning assignments. His expertise includes stress management, leadership skills, accountability vs responsibility, and ways to plan and organise work, etc. He is also well known as a mentor by a number of entrepreneurs, students, working women, medical professionals, businessmen and top management officials of reputed organisations.

He believes that over two decades of experience of working from home for research and preparation of trainings programmes has given him the experience and expertise that can be beneficial to share during this difficult time.

"It was in the beginning of December 2019 when the first case of coronavirus was reported and COVID-19 was recognised on January 30,

2020 as an international emergency. It all started from Wuhan city of China and spread in over 210 countries and territories within couple of months," said Nawaz in an interview.

Noting that the times are hard for even the most optimistic among us, he said, "It's true that we need to take this virus seriously. But that's no reason to forget what makes us happy even in the lockdown for protection from the coronavirus. First of all, you do not need to become a COVID-19 expert, nor do you need to update yourself with every unpleasant detail from news channels and social media from dawn to dusk."

His advice is to remain focused on positivity during this difficult time with the following tips:

### COLD SHOWER TO START THE DAY

The secret of taking shower with icy water lies in the feeling that surges through the body. The moment you are done with shower your body starts to warm up and makes you feel happy. The body starts producing the mood-balancing hormone and the stress level starts plunging. If you take shower in the morning, you could not ask for a more refreshing way to begin the day.

### UTILISE YOUR TIME WELL

As a soft skills trainer and motivational speaker, it's really difficult for me to lock myself at home. It's extremely stressful and unproductive. But cancellations of my trainings have created an opportunity to focus on different things. I have

started focusing on my weakness to improve and accelerate my skills. If you are under your company policy of 'Work From Home', work on improving your time management and productivity skills. You will be completing your tasks and accelerating your capabilities.

### CONTROL MEDIA INTAKE

Stop visiting various websites or accessing social media inputs and even a bunch of news channels. It will only give rise to more depressing feelings and creates sadness in the mind. Limit yourself not only with one channel but also watch the headlines only instead of watching the details about COVID-19. Your input won't make any difference to the actual situation.

### WATCH FAVOURITE VIDEO

You must have so many videos or movies in your mind that you have not watched so far because of your busy schedule before the COVID-19. Select short videos that can help your mind to de-stress in the current situation. I would suggest you to make a list of videos you liked the most and keep watching again and again during the week.

### KNOCK THE DOOR

You might not have heard from your childhood friends for long. Try to send them email with beautiful and enjoyable moments of your childhood times to cheer them up. You will feel happy even writing those moments and

remain so until the reply comes.

### TIME WITH LOVED ONES

You must be following social distancing with your family members and friends. But applying this rule, you must spend time with members of your family, especially the elderly. It will get them nostalgic feelings when you ask them about their childhood life etc. In turn you will have a big smile on your face with relaxed feeling.

### UNEXPECTED TREATS

Send a card or gift through courier service to deprived people. It can go a long way in reducing stress. As we all know many services have closed their doors for visitors making them feel even more isolated and depressed.

### ENJOY VIRTUAL TRIPS

Think of home art, music, historical places, museums. You can take a virtual trip from your own comfortable and favourite sofa without the travelling expenses and visa hassles etc. It will not only have a soothing impact on your mood but you will also be gaining knowledge about history and different places.

### READ A BOOK

The world has been "hacked" by social and

electronic media. This change in our life has stolen the beautiful habit of book reading. If you want to be happy at home, start reading a book on any subject you want to read. It doesn't matter if libraries are closed. Just get an e-book. Reading a book at home or online will have the same impact on your mental health and happiness. Reading (any) book is surely more relaxing than surfing the social media.

### DAY END LIST

Check out what you have done or achieved before retiring to bed. Practice this daily with a positive acknowledgement of something you accomplished, learned or are grateful for. It will help to reduce the negativity you have absorbed and remind you that not everything that's happening right now is bad or depressing.

By paying heed to these suggestions, there is a possibility you could transform yourself and build up your energy level to help you cope with the aspects of life that have been made more difficult.

Taking charge of our mental health and capturing the small mo-

ments will help as you go further into the unknown. Even during the lockdown, you still have several mundane moments to savour -- the smell of coffee, the feel of the warm shower on your back and so on. When you stop taking in these moments, rather than let them rush on by automatic pilot, you are giving your brain a chance to process the pleasure.

Positive emotions boost our problem-solving abilities as well as our judgment, decision-making, cognitive flexibility and creativity. Staying positive will help you and your family to be better at solving all the little problems that are being thrown our way right now, such as figuring out new technology platforms for working from home.

Also, you need an antidote in times of constant negative messaging so that you can keep a positive attitude and move forward with determination and hope. It will enhance your daily life and enhance productivity in day-to-day activities. Be deliberate in activities that are positive, stress reducing and laughter inducing.

"To conclude I request all to stay home and stay safe. Life will soon be back to normal routine, restaurants will be serving delicious foods, parks and malls will be full of fun loving people. We can come out of this situation with strong experience if we take charge of our mental health. Together, we'll get through these difficult times, Insha'Allah. Every night has beautiful morning," remarked Nawaz.



Malik Nasir Nawaz