

MAY
2020

Newsletter

Being indoors has made us all realise just how great the great outdoors are. And perhaps this Earth Day, how we should be a little kinder to our home planet. Here's how you staying at home during the coronavirus is helping our planet heal.

Lower carbon emissions

First we saw it from space, and now we can see it around us -- the air is clearer. Even in India, which falls in the top 5 countries of high carbon emissions, has seen a drastic drop in its levels. Rob Jackson, a professor of Earth system science at Stanford University was quoted saying that carbon output could fall by more than 5% this year - the first dip since a 1.4% reduction after the 2008 financial crisis.

Air control

Not only is the air cleaner, it's quieter too. The lack of public transport, people on the road and rush hour commute means that our ears aren't getting better, we are just hearing a lot more. From the rustling of leaves to the chirping of birds, decibel levels have dropped.

Cleaner water

It's not just our airways that are clearer, the water quality has improved as well. In Venice, famous for its canals, waterways are benefiting from the lack of usual boat traffic brought on by thousands of visitors. In India too pictures of a cleaner River Ganga as well as Varanasi have appeared.

**Our planet is
detoxing as
humans stay in
lockdown**

Source : *Economictimes* By *Glynda Alves*

Wildlife takeover

From the otters in Singapore to the goats in Wales and deer in Japan to the orcas in North America, while we may have lockdown restrictions, wildlife has been using this lack of human spreading to venture out of their own territories. It's showing us just how much the natural world can thrive if we just gave it a little space.

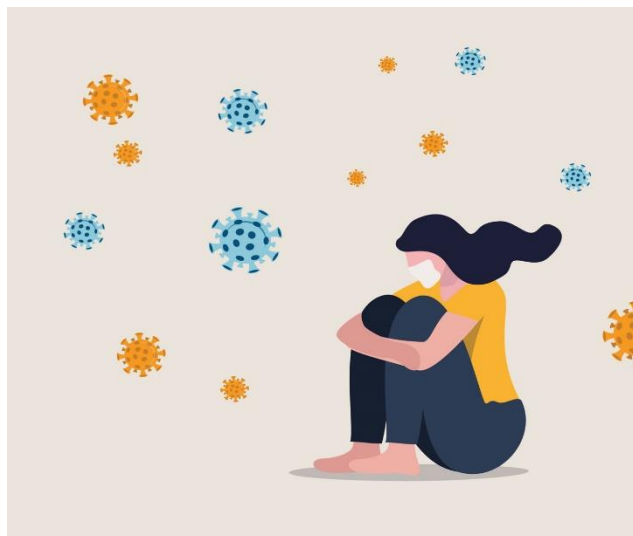
**The coronavirus has helped
Earth with clean air and
water, among other benefits**

Outbreaks can be stressful

Source: Centers for Disease Control and Prevention

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs



Know the **facts to help** reduce stress:

- Sharing the facts about COVID-19.
- Understanding the risk to yourself and people you care about can make an outbreak less stressful.
- When you share accurate information about COVID-19, you can help make people feel less stressed and make a connection with them.

Support your loved ones

Check in with your loved ones often.

Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

- Telephone
- Email
- Mailing letters or cards
- Text messages
- Video chat
- Social media



Common reactions to COVID-19

•**Concern about protecting oneself** from the virus because they are at higher risk of serious illness.

•**Concern that regular medical care or community services may be disrupted** due to facility closures or reductions in services and public transport closure.

•**Feeling socially isolated**, especially if they live alone or are in a community setting that is not allowing visitors because of the outbreak.

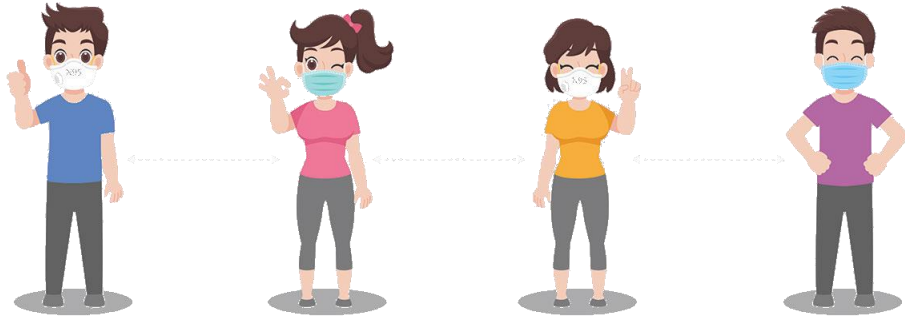
•**Guilt** if loved ones help them with activities of daily living.

•**Increased levels of distress** if they:

- Have mental health concerns before the outbreak, such as depression.
- Live in lower-income households or have language barriers
- Experience stigma because of age, race or ethnicity, disability, or perceived likelihood of spreading COVID-19.

We Practice

S O C I A L D I S T A N C I N G



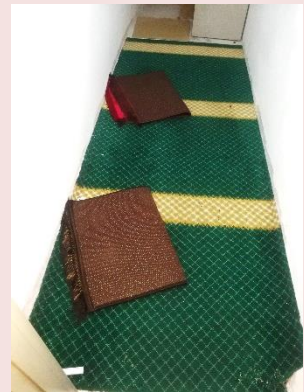
Work Station



Pantry



Meeting Room



Prayer Room