

# Research Services

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Never happened and here again ...

The air was again filled with anxiety, fear and aggression.

The third wave of coronavirus, violent vaccination and as a cherry on the cakes.

Heat. Within the metropolis, a rare person boasts that the heat is +35, when you need to go to work, it only causes joy.

After all, it is not enough that air conditioners are not always working in transport, so also in offices someone is hot, and someone really blows. And there are offices where it is not ready for hot summer ...

Coronavirus. The number of patients increased again. Among other things, this virus greatly affects the human nervous system, and in heat conditions, this influence becomes even stronger.

Vaccination. What is happening now in Moscow when vaccination becomes mandatory. Otherwise, fraught with dismissal, fines, in the cafe with 28 it will be possible to get only on the code confirming that you have an ads, or antibodies.

And this is despite the fact that not all vaccinated after vaccination remained healthy. Unfortunately, not few of those who are after the vaccination fell ill with coronavirus, and not just fell ill, but in severe form. And there are those who after vaccination and in general left this world.

In addition, violence, it is in any case violence. Whatever good intentions it was covered. And on violence, there is always a response.

Someone freezes from fear for your life and the life of your loved ones. Approaching the energy of death. What raises the chances of really getting sick.

Someone is trying to escape away from the city, hoping that the virus and the Moscow authorities will not catch up. Mol, I will sit around, it is all normalized. But I will try to get the head all the way. Be fear and angry in the hope that swears.

And someone aggress. And when there is no contact with your aggression, then it goes to everyone who falls under the "hot" hand. Someone is really for the work, but before someone, then also a large amount of guilt. Wines that launches autoaggression. The one that destroys both the psyche and body.

In the conditions of the above, it is not easy to stay in peace.

Not to hide, not escape (and from life you can only escape into death) and not harm yourself and others because of the lack of contact with your aggression, namely to live.

Live, allowing yourself to be angry. Conducting that anger is actually the violence that goes in response to restrictions on rights and freedoms. And these restrictions not only from the government, but also from the virus, and from the heat ...

Can we do something to us not so hot?

Can. We can take care of yourself, with the help of clothes, water, on windows dark curtains, indoors fans, air conditioners ...

We change what we can really change. And what we cannot, then we can not. No matter how much we were angry with the weather, it will change when it changes. And it does not depend on us.

So in everything in life. There is something that we can change for yourself or someone and we change it (or do not change).

And there is something that we cannot change. And the faster, we will take it as a given, it is precisely, and not to be out, it will be better for us.

To reduce anxiety, sit calmly and write down everything that causes you anxious, which causes fear that anger. Do not hurry. On the contrary, write what depends on you, and what is not.

Next, that you personally can make yourself good to reduce the alarm, fear, anger, to which you switch your attention. Do not displace, not hide, namely to reduce. Appeal to a psychologist, you can record here.

Try to track bodily reactions, feelings, emotions. And most importantly, breathe. Breathe all body. Breathe every cell of your body. After all, we choose life. And this means that we choose ourselves, your body and your breath. And what we cannot influence, say, stop! Stop, I choose life.