



Pandemic Prepping Update #6

with Jeff Anderson for www.ModernCombatAndSurvival.com

It's Time To Move Forward

The COVID-19 pandemic has disrupted all our lives. It's time to take back control.

- It's time to focus on "turning lemons into lemonade."
- We train and prepare so that we can stay vigilant and protect those for whom we're responsible.
- It's easy to fall into negativity.
- Here are three steps you can take as we move forward and take control of our lives.

1. Take Control Of What You CAN Control!

We've stressed staying away from the virus because you can't get infected if you don't come into contact with it. That's also why infection rates have not skyrocketed.

Use this time as an opportunity to look at what you DO have control over and make positive changes in your life.

- Update your survival plans by looking at your lessons learned from the pandemic.
- Focus on your health and fitness.
- Take up new hobbies, activities, interests, or skill areas.
- Do whatever you can to develop and grow... or to, you know, prepare and train.

2. Do Some GOOD In The World... Or Just Your Own Neighborhood!

People have taken this opportunity to show how good they can be to their neighbors and even random strangers.

- The [Survival Frog](http://SurvivalFrog.com) company donated 150,000 N95 masks to local hospitals.

- My own sister found an anonymous box of goodies at her front door with a happy note inside.
- What have you done... and what can you do... to brighten somebody's life or help them out?
- You could, for example, leave survival food, supplies, toilet paper... even just some candy.
- Chances are, if you're prepared, you have extra items. You can share some of these without placing yourself in jeopardy.

3. Change Your Attitude!

Everyone is facing a remarkably difficult time right now, but it's time to take control of our thoughts. Our thoughts lead to actions and actions lead to results. It's that simple.

- I'll let you in on a little secret. For the last year, I've been going through a nasty divorce (and not my first).
- I experienced insomnia, lack of appetite, and huge swings in my weight. I gained, then lost weight in a short period of time. I got so depressed I stopped eating. I felt horrible and I looked like I felt.
- You have to take stock in the number one tool you have to deal with stress and depression, and that's your MIND.
- I've prevailed in life because, as a soldier, I never gave up. Nothing is going to stop me from making my way out of a situation, and I refuse to fall prey to "victim thinking."
- Are you going to be a victim, or are you going to "take the hill?"
- Do something empowering for the warrior within you.
- YOU have the power to prevail. Will you tap into it, or will you surrender?

Prepare. Train. Survive.

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