


# MIRACORONA

*Covid-19-time – 2020*



*To get rid of unwelcome visitors in Kyoto: Have the broom turned upside down, put a towel over it, the tedious visitor will soon depart.*

## Coping with stress during the Covid-19 outbreak



*It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help: Your friends, neighbours and family.*



*If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and even share your dinner with your loved ones at home and by email and video conference.*



*Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including working, learning as well as time for playing and relaxing.*



*Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.*



*Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting. Instead enjoy digital detox.*



*Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.*



1,5 m



2016 - Violin  
homage to Seizo Watase

# CARPE DIEM

*tiny design workouts*



“Over the coming weeks we will all be tested in many ways.”

*Tyler Brûlé, founder monocle.com*



paper snowflake



best ever haiku



potato stamp



tidy-up like Kondo



photo of your desk each day



start your business canvas

*Stay healthy and cheerful,*

*Rele*



now it's time to ...

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let's consider ...

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magic post corona life ...

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