

GALINOS NEWSLETTER

The Galinos Medical Clinic Inc

DO YOU STILL HAVE TIME?

by Carolina R. Reyes, MD, MAN, MHA, DFM, FPAFP

We are in pandemic era and still don't know when will it end. All have experienced the anguish and pain from lost loved ones and perhaps slow career progress. Beautiful plans that were stymied and gone. Felt that life is truly uncertain.

Hope will get us through. And its a choice to see beyond the current circumstances to something better despite the presence of anxiety and fear. Whatever outcome of those uncertainties, We will survive. We got to survive.

Right now, the most important thing for you to do is to take care of your health and well-being. The chance of prioritizing your health this time is the most wonderful gift to yourself and to your loved ones. Read more on reputable sources but avoid getting wrapped up in constant news coverage that will only heighten anxiety.

Because you still have time, have a brief thought. Set your goals and pray as we always do.

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MAY ORAS KA PA BA?

by Carolina R. Reyes, MD, MAN, MHA, DFM, FPAFP

Tayo ay nasa panahon pa rin ng pandemya at hindi natin alam kung kailan ito matatapos. Lahat ay nakaranas ng pagdadalamhati at pagluksa sa pagkawala ng ilan sa minamahal natin sa buhay. Mga planong naudlot at nawala. Ang buhay ay sadyang walang katiyakan.

Ang pag-asa ay syang makakatulong na maalpasan ang kasalukuyang sitwasyon. At ito ay isang desisyon na tanggapin para makita ang kagandahan sa kasalukuyang hinaharap bagamat may pagaalinlangan at takot. Bagamat sadyang tanggap natin na walang katiyakan ang bukas, tayo ay makakaahon. Dahil kailangan nating makaahon at mabuhay.

Sa ngayon, ang importanteng dapat natin pagtuunan ng pansin ay ang ating kalusugan. Ang pagkakataon na ayusin at unahin natin ang ating kalusugan ay isang pinakamaganadang regalo sa sarile at sa ating mahal sa buhay. Lalong magbasa ng mga artikulo galing sa mga lehitimong pinagmulan at iwasan ang mga balitang nagdudulot lamang ng pangamba at takot.

Dahil may oras ka pa, sumantabi at mag isip, itakda at ayusin ang mga layunin sa buhay. magtiwala at magdasal sa Panginoon palagi.