

through regular meditation practice, has been more readily able tap into his innate sense of calmness and gratitude.

This isn't just true for Davis: Studies have shown that because of neuroplasticity—the ability for the brain to change in response to experience—regular meditation or mindfulness practice can change the brain's structure and function. Reyman added that this allows people to “much more easily tap into a calm state of being.”

So, as coronavirus cases—and worldwide panic—have escalated, and Davis has noticed fearful thoughts creeping up on him, his experience with mindfulness practice has helped him change his perspective. He has been able to recognize those thoughts as impermanent mental chatter, and that he's taken the steps he needed to stay safe.

“We cause a lot of our own suffering through our thoughts. And it's unnecessary,” he said. “Prudence keeps you safe: wash

Further relaxation:
Go to tinyurl.com/COVIDcare for calmness tips published by Psychology Today.

your hands ... do all those things. But all fear does is kind of eat you up, and it's not helpful for you or for anybody else.”

Reyman and Davis told the CN&R they are sympathetic to the emotional stress caused by life's adversities—like every human being, they've endured personal tragedies and loss. Though self-care, no matter the method, may seem simplistic, Reyman added, those practices are powerful. They can ground people and prevent us from nursing fear or a sense of hopelessness and despair that can lead to anxiety and depression.

“It's all part of the journey—even pandemics,” Davis added. “There's beautiful things always all around [us] and we forget to look, we forget to notice. ... I very intentionally look for the good in the world.” □

WEEKLY DOSE

Coronavirus myth-busting

Misinformation about COVID-19 seems to be spreading even faster than the coronavirus. Scientists are racing to learn all they can about it, but many knowledge gaps remain—and self-proclaimed “experts” keep jumping into the breach. Thanks to the internet, unscientific theories abound. Here, we invoke the spirit of TV's MythBusters and correct some misconceptions.

- **Garlic does *not* prevent coronavirus.** Nor does vitamin C or other immunity-boosting remedies; they just fortify your body's defenses.
- **Flu vaccine *does not* protect against coronavirus.** Influenza variants and COVID-19 are unrelated viruses.
- **Kids *are* susceptible.** While the elderly and medically fragile are most vulnerable, anyone can contract COVID-19; younger people just are more likely to carry the disease than get seriously ill.
- **Hand driers and hot baths *are not* effective for prevention.** The best way to eliminate viruses—which could reach your eyes, nose or mouth through touching—is frequently and thoroughly washing your hands.

Sources: World Health Organization, Harvard Medical School

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