



"When you feel like your problems are growing, the only way you can overcome them is when you feel you are growing at the same time"--Jay Shetty

## Insight

Jay Shetty, former monk, says routines are the best way to feel a sense of purpose. Learn how to utilize his T.I.M.E. acronym to develop a routine, and be calm and happy during this pandemic.

Read the full article here: <https://www.cnbc.com/2020/04/13/jay-shetty-how-to-be-calm-happy-during-covid-19-pandemic.html>

## Meditation

"If we can have a moment of peace, then we can get clarity about how to conduct the rest of our day"--  
Jay Shetty

