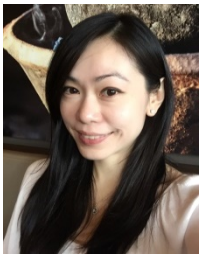
Mental Heath: Leading To A Happy, Peaceful And Freedom Life for Mental Health & Psychological Considerations During COVID-19

Evelyn Leng, Founder of Evelyn Leng Academy Malaysia

The COVID-19 pandemic may have brought many changes to how we live our life, and with it, at times, uncertainty, altered daily routines, financial pressures and social isolation. We may worry about getting sick, how long the pandemic will last, whether our job will be affected and what the future will bring. Information overload, rumors and misinformation can make our life feel out of control and make it unclear what to do. During the COVID-19 pandemic, we may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, including anxiety and depression, can worsen. This world needs more positive energy to balance up the negative energy. Evelyn Leng Academy was founded to serve people, and by utilizing a theoretical analysis assists clients to plan and change their life in order to have a Happy, Peaceful and Freedom Life by creating more positive energy and educating their hearts. Based on spiritual studies (Christianity, Buddhism, Judaism, Islam, Hinduism, Confucianism, Baha'ism), academic studies and numerous motivational books like Dale Carnegie, Og Madino, Robert Kiyosaki, Business Management guru and 30 years of life experiences. Evelyn found that in life if we have love and money, life will be like a Paradise every day. For instance, if we have a work (job/ business) that we love, be with the people that we love, and enough money to live, she believes life will be fantastic and awesome. As we do not know when our last day in life, will be, we should just live in the moment, enjoy being here now, at this moment. Let's enjoy life together and do everything in Love.

Biography



Evelyn Leng is a curious, loves continual improvement culture, challenges & achievements, and serving people in her life. She has the passion to find out "what is the purpose of life?" since she was age of 3. Since she was small, she is passionate to have a freedom life so she can be happy. At the age of 10, she started to look for method can made her happy, because toys cannot made her happy. At the age of 16, she started to attend church, and Jesus told her the meaning of life is 'Love". Since then, she follows the rules for everything in love, even though her family was not agreed and made her very depressed, but she insists her belief and after 30 years of empirical research she has developed the "hierarchy of love". Only love can feed the soul, this is what she believes until now.

Email: evelynlengacademy@gmail.com