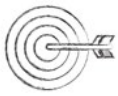
FACE COVID



Focus on what you can control

Say to yourself "I can control what I am doing here and now."

Acknowledge your thoughts and feelings

Silently and kindly acknowledge any thoughts and feelings

Come back into your body

Slowly stretch your arms or neck, shrug your shoulders
Take slow, deep breaths

Engage in what you are doing

Notice 5 things you can see, 3 things you can hear, 1 thing you can smell, and what you are doing

Repeat the above 2 to 3 times

Commit to action

What can you do this week to help yourself? Or others?
Write it down in your schedule.

Open up

Acknowledge that your feelings are normal and that it is okay to feel what you are feeling

Values

How do you want to treat yourself? Others? Values include love, humor, kindness, honesty…

Identify resources

Identify 'Who' and 'Where' to get help, assistance, and support

Disinfect and distance

Wash your hands and practice social distancing

(Adapted from Rush Harris, 'The Happiness Trap' and 'I'm Learning ACT')