

# 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**

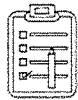
Slowly stretch your arms or neck, shrug your shoulders  
Take slow, deep breaths



## **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')