



Mind Shift During Covid-19 Pandemic

I'm stuck at home



I get to be **SAFE** in my home and spend time with my family.
*Make your space comfy and cozy and prepare your favorite food.

I will get sick



I will self-isolate and wash my hands, this will significantly **DECREASE** my chances of getting sick.
*Set boundaries with your media consumption, which will decrease anxieties.

I will run out of items at home during self-isolation



I have prepared for this and I will use my items wisely. I have everything I **NEED** for now. Essentials and delivery services are available if needed. *Start a gratitude journal or make a playlist of your favorite songs. Relax, were all in this together!

Everything is shutting down, I'm panicking



The most **IMPORTANT** places, such as medical centers, pharmacies and grocery stores, remain open. *Breathe, exercise, get outside for some fresh air and practice self-care.

There is too much uncertainty right now



While I can't control the situation around me, I **CAN** control my actions.*Doing breathwork, calling loved ones, getting enough sleep and proper nutrition, prayer, and doing activities I love at home will all help during this time.

Daily Quarantine Questions

1. Who am I checking on or connecting with today?
2. What expectations of "normal" am I letting go of today?
3. How am I getting outside today?
4. How am I moving my body today?
5. How am I expressing my creativity today?
6. What type of self-care am I practicing today?
7. What am I grateful for today?

Some things you can control & Some things you can't control
Accept → Relax → Ride it out = It will all work out!