

Tools to Regulate Mind, Body & Emotions during COVID-19



Manage Information

Limit Social Media.
Choose 1-2 trusted news sources
– only check once/day.
Choose print over broadcast, audio over video.



Practice Compassion

Practice self-kindness,
connection and mindfulness
Call, text, email, FaceTime - be creative!
Do something for others – bake, donate, etc.
Use appropriate touch – hug, hold hands, etc



Visualize

Allow input from your logical mind.
Remind self this is temporary.
Reinforce your strengths,
abilities and gifts.



Eat Healthy and Sleep

Eat fruits and veggies.
Stay hydrated.
Sleep at least 7 hours/night/
BREATHE... deep relaxing belly breaths



Recognize Feelings of Loss

Name the losses and their importance.
Allow time for processing.
Access professional supports like
telehealth if needed.



Reduce Boredom

Try something new...
Play/exercise – get outdoors
when possible.
Focus on education.