

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



Visualize

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



Reduce Boredom

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



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



Recognize Feelings of Loss

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



Manage Information

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



Eat Healthy and Sleep

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