

# My Guide to Coping with the Coronavirus

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# RELAX YOUR MIND & BODY



Approaching our emotions  
**with a curiosity**  
about what they have to say  
and teach us is pivotal in both  
**treating ourselves**  
**with compassion**  
and coming to our own aid  
when distressed.

**Do you have  
worries and  
concerns?**

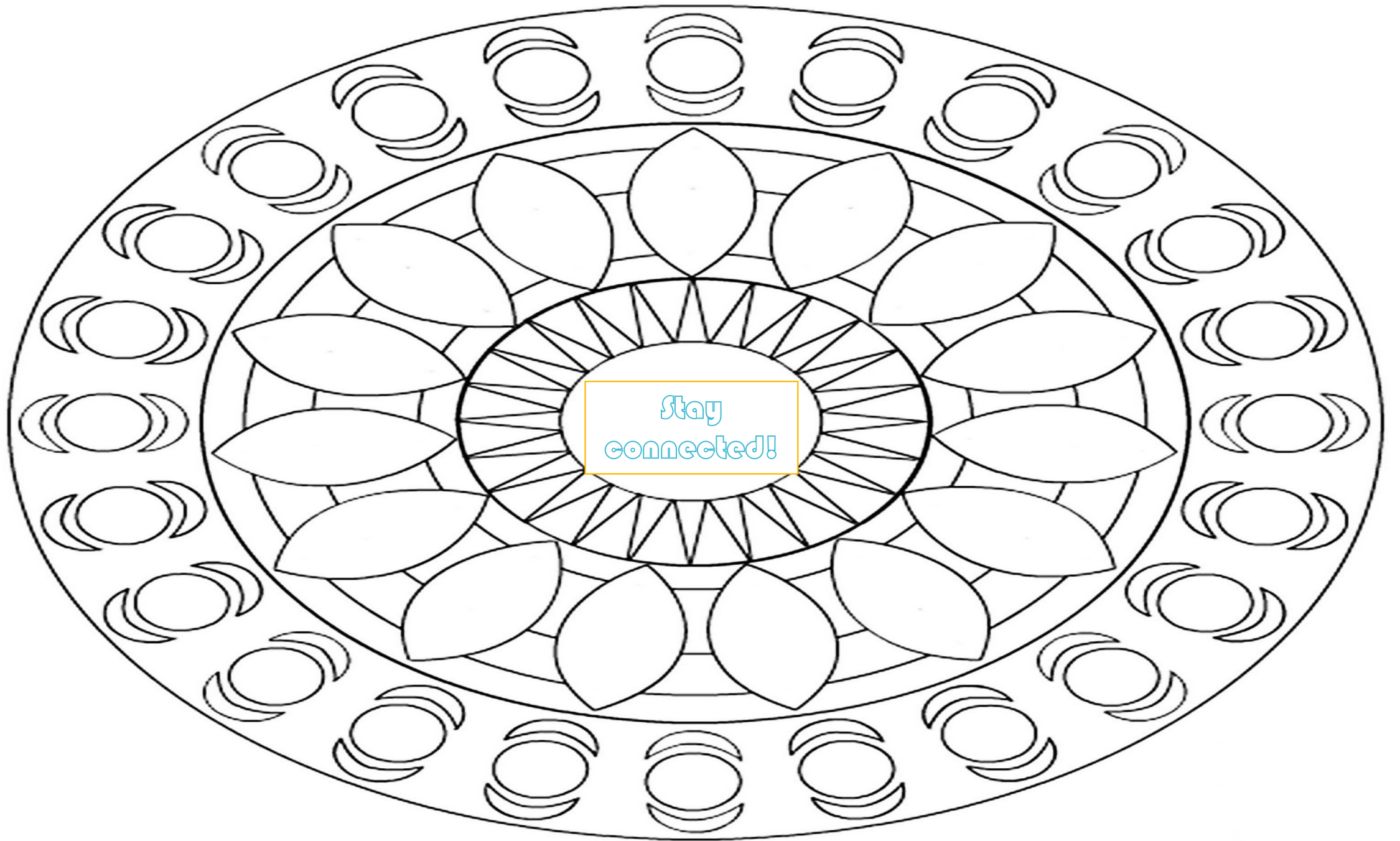


**We can use  
coloring to visit  
with these  
feelings to  
understand the  
stories they are  
telling us.**



Communicating with  
loved ones or friends  
can also help you  
reduce stress





Stay  
connected!

Pay attention to mixed-up thoughts or ideas that come to visit, such as: "I'm going to die" "This will never end" "This is the most horrible thing I've ever experienced"

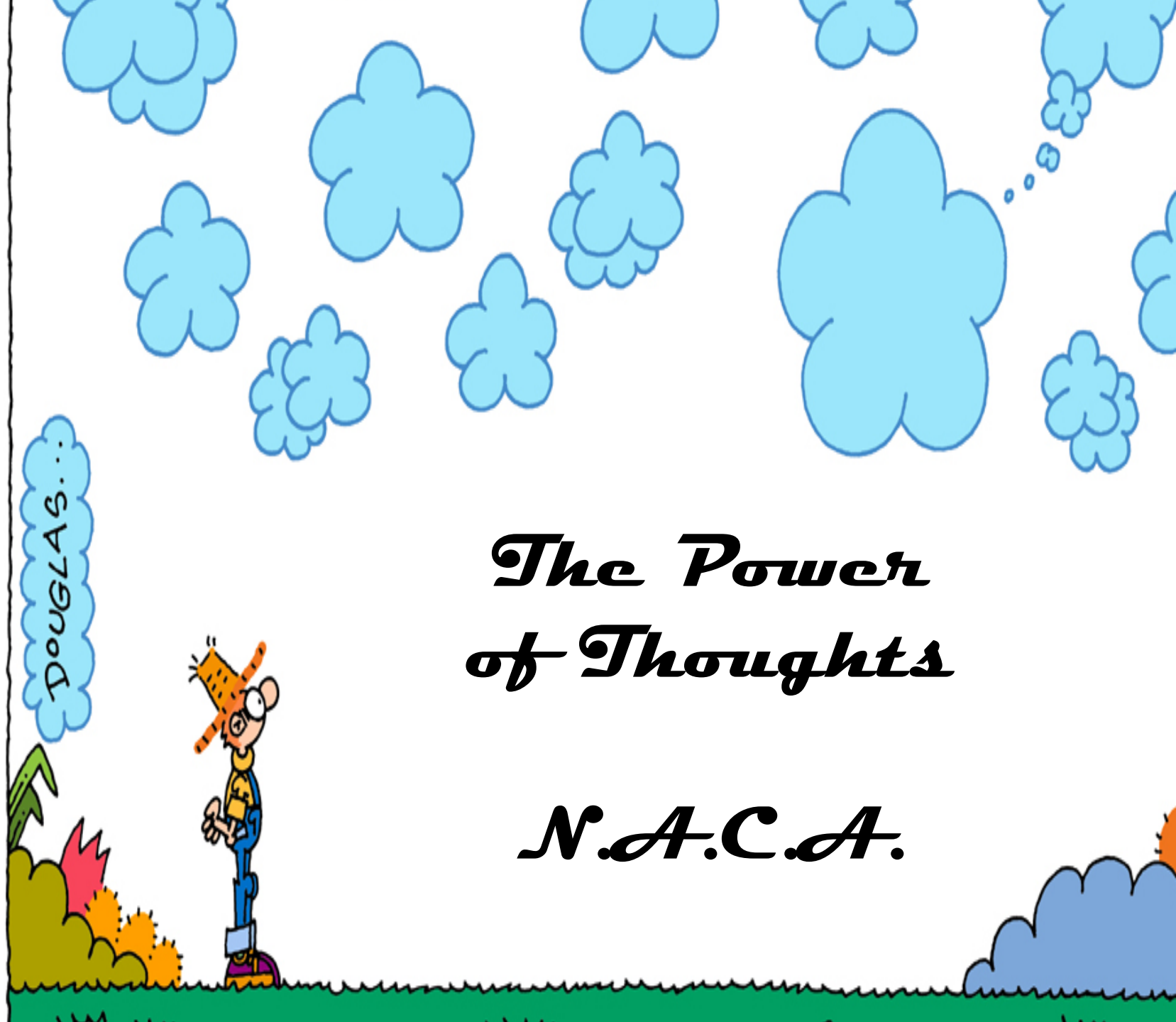
What can you do?

Notice - your thoughts .

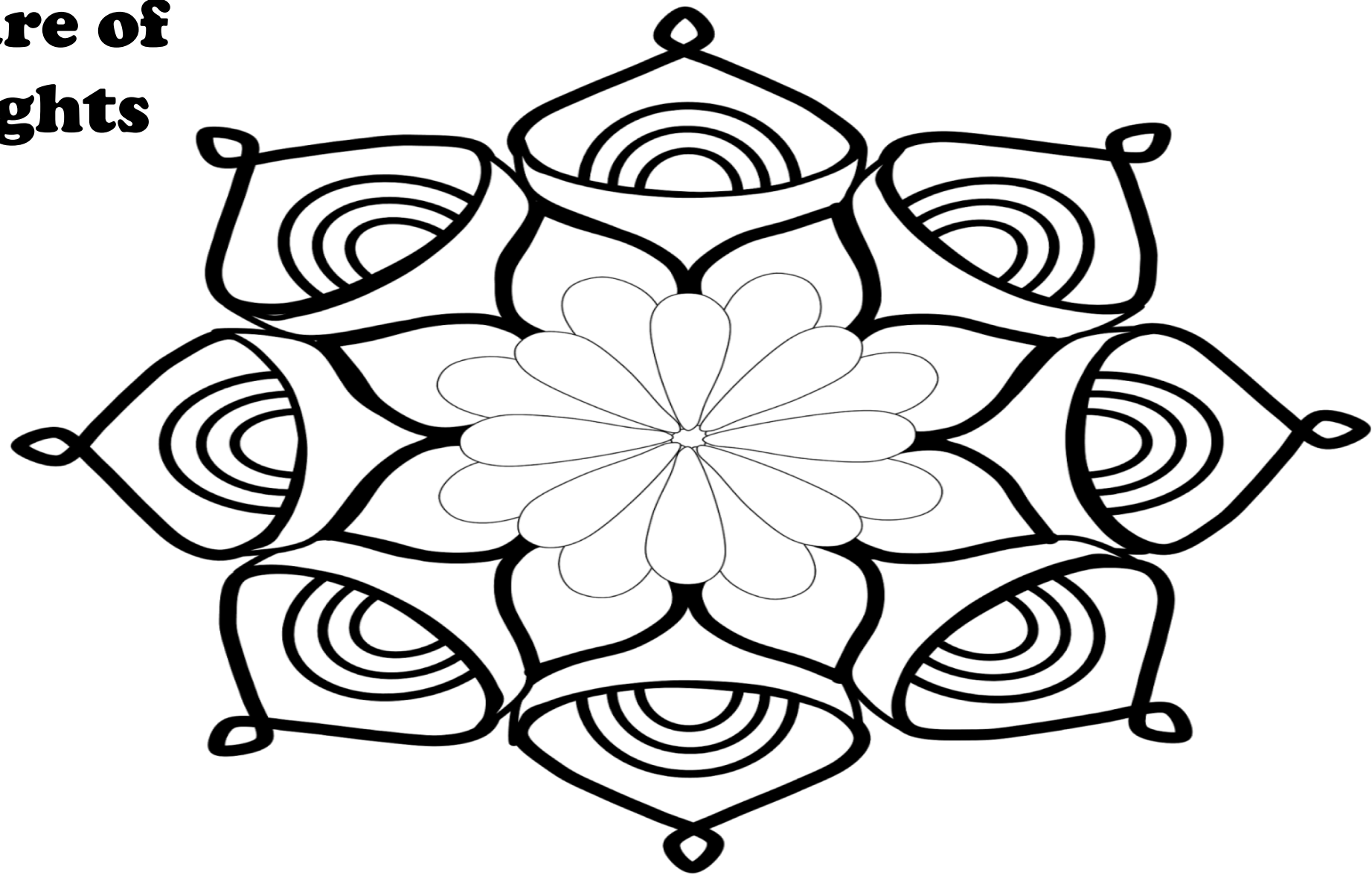
Acknowledge- acknowledge the thoughts you are having.

Curiosity - check if your thoughts are balanced and fit the situation and be curious about the story they are trying to tell.

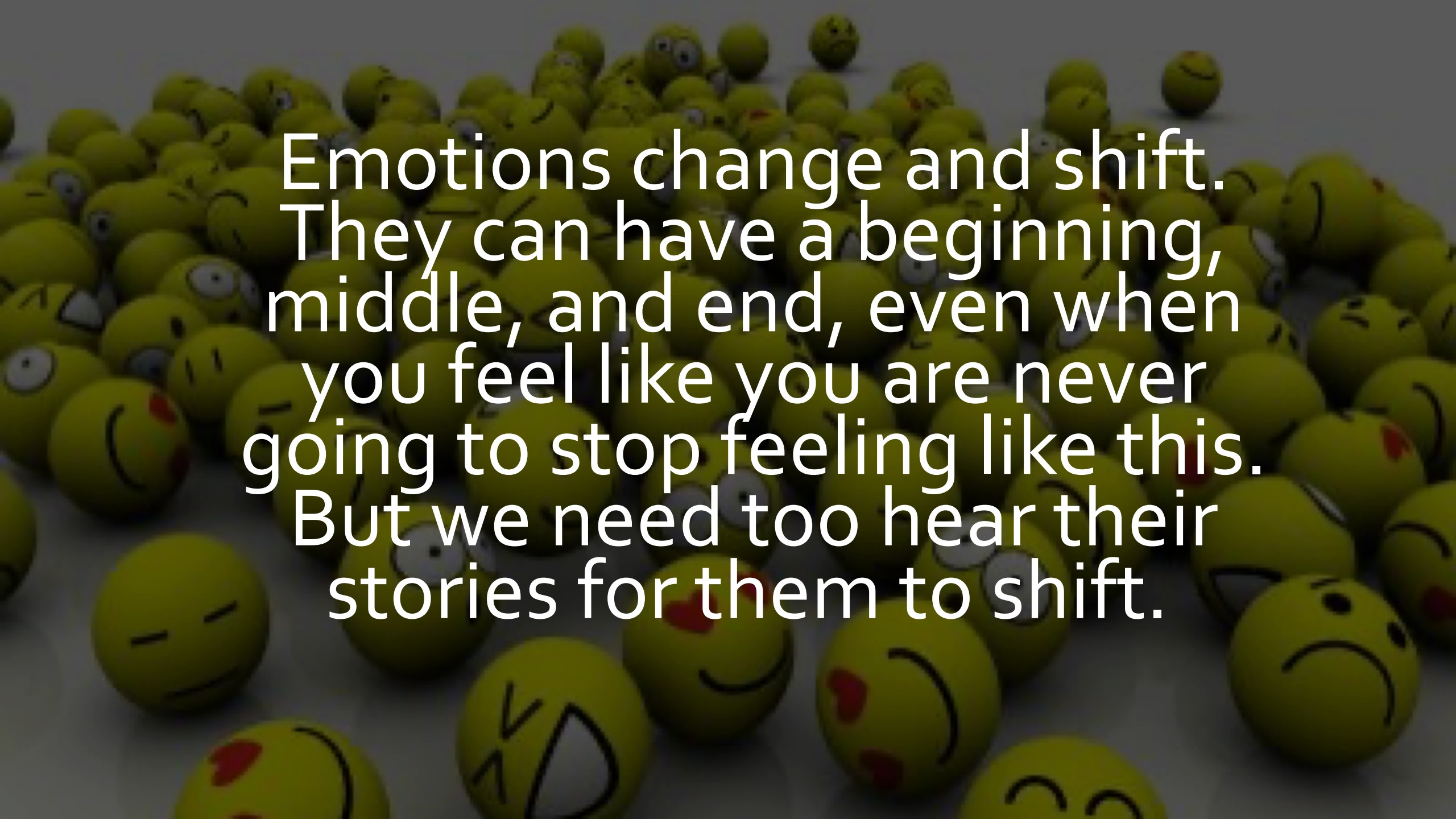
Acceptance – hear the story, offer support to the thoughts inside that feel mixed up, and offer alternative thoughts that make you feel calm and over which you have control.



# **Taking care of our thoughts**

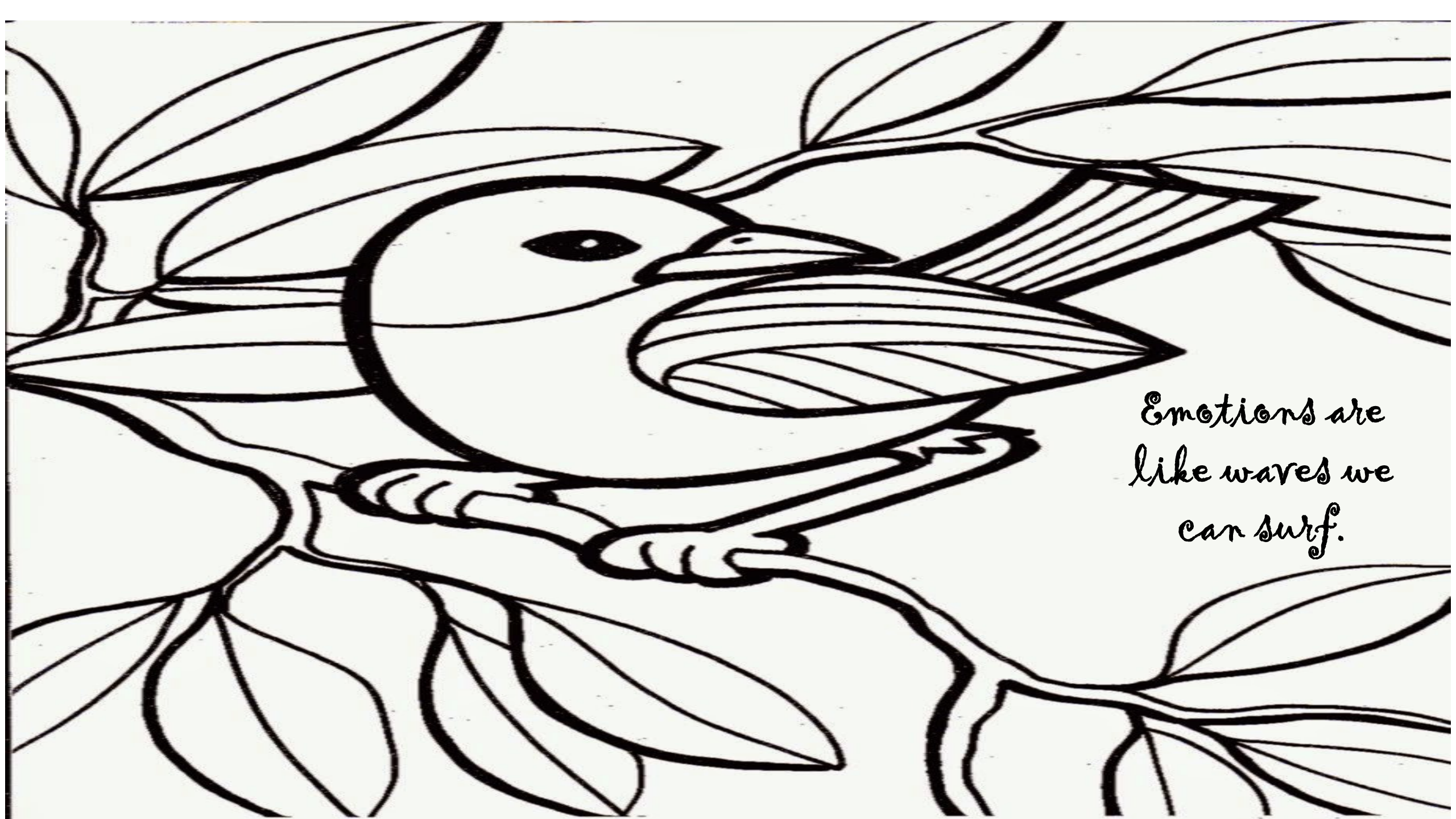






Emotions change and shift.  
They can have a beginning,  
middle, and end, even when  
you feel like you are never  
going to stop feeling like this.  
But we need too hear their  
stories for them to shift.





Emotions are  
like waves we  
can surf.

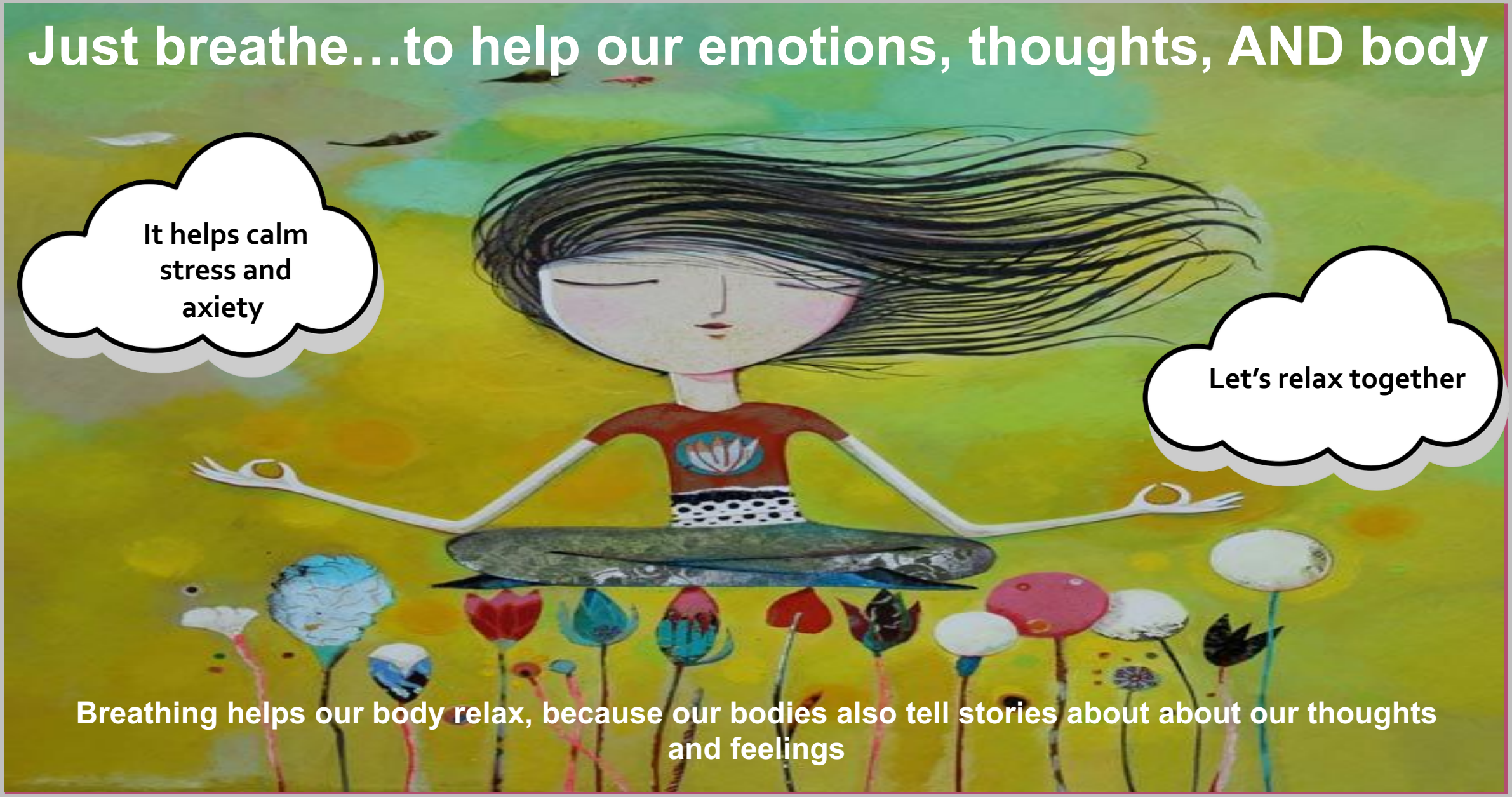


**Just breathe...to help our emotions, thoughts, AND body**

**It helps calm  
stress and  
anxiety**

**Let's relax together**

**Breathing helps our body relax, because our bodies also tell stories about about our thoughts  
and feelings**



**Just Breathe**

