

6 WAYS TO MINDFULLY ADJUST TO A COVID-19 WORLD



1

Acknowledge your grief

Allow yourself time to respond to your losses and make space for normal feelings like sadness, denial and anxiety.

Choose to reduce your news

Stop feeding the anxiety by limiting your news checking to once per day from a reputable source.

2



3

Focus on the present

Take a moment to bring your self back to the now by stopping for a moment and noticing six full breaths.

Create a new routine

Find new ways to maintain healthy habits such as regular exercise, good sleep and nutritious food.

4



5

Find joy in kindness

Connect with the idea of generosity. Look to do one small kind act every day for both others and yourself.

Label the emotion

To stay mindful say "this is worry" or "this is sadness."

6

