



COPING WITH COVID-19

1

**MANAGING
THE SHOCK
&
AFTERSHOCK
OF COVID-19:**

2

**MANAGING
YOUR TIME
DURING
COVID-19:**

3

**RESOURCES
&
THERAPIES**



**MANAGING
YOUR TIME
DURING
COVID-19:**

STAYING PRODUCTIVE

but not distracted or avoidant

1 READING OVER SCREEN-TIME

Allow your brain to rest by reducing stimulation. Reading is a great way to be entertained without the sights, and sounds of t.v. or pop-up ads online. Fiction also flexes your **imagination**, which helps with manifestation, planning and problem solving.



2 CRAFTS, PROJECTS & CREATIVE OUTLETS



Crafts might sound trivial, but much like reading it gives our brain some entertainment without overloading it. It also gives us an outlet for creative expression, and the more we flex that creative muscle, the more we can use it for all kinds of things, including troubleshooting life's challenges.

3 LEARNING & TAKING COURSES

Always wanted to learn Spanish? (or something else). Now is the time! There are so many courses online, the possibilities are almost infinite. If you have down time and want to do something besides watch tv (now that Tiger King is over, ha!), take this time to learn something new.



4 GET BACK TO PLAY



Adults often forget to play. The hallmark of maturity is accountability, not the extinction of fun or silliness. When we allow ourselves to play and not take ourselves seriously, **it's a relief to our system**. So, connect with your playful side! If you don't have a child, a dog, or a goofy companion, then play with yourself! There are lots of games to choose from.

5 SIT WITH YOUR FEELINGS

Now is a time to be conscientious about how we're feeling in our bodies, and whether we're avoiding something by staying busy or distracted. Distraction can be a way we stop ourselves from feeling. We stay busy, over-fill our schedules and rush around, just so we don't have to sit with what's there inside of us. But we can't out-run what's inside us.

So, if this resonates, breathe through the fear, **reach out for help if you need support**. Now is the time to gently explore what's there, and heal the parts of you that are calling for attention.



REST & REFLECTION

coming back to yourself

1

PAUSE & RE-EVALUATE

Here's a gift of time and space from what you've built your life to be:

do you really want it all back?

If not, what else would you create?

What would feel GOOD?



2

JOURNAL

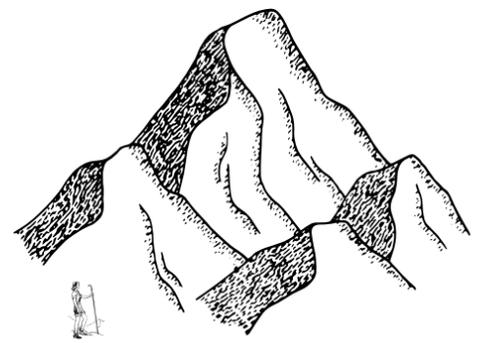
Writing in a journal can be a great form of expression and a way of organizing your thoughts. There are no rules to this thing. Just write, the rest is up to you.

3

SELF DEVELOPMENT

If you've been holding off working on yourself because of work commitments, here's your chance to address any issues that need resolving, or to take the time to level-up! Expand your comfort zone, be vulnerable, and **invest in yourself**.

It's the best ROI you can get.



4

NEW (& FLEXIBLE) PLANS

This is a great time to:

- Write a **new budget**
- Create a new vision board
- Decide on a new business plan or just pivot?



5

PLEASURE & SELF CARE

Give yourself permission to have pleasure (that goes beyond food!). Explore all the ways you can feel good mentally, physically, emotionally.

-Self-Abhyanga? -Floral baths? -Dancing to music?

Put a self care regime in place.

