

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



Visualize

Allow input from your logical mind.
Remind yourself this is temporary.
Reinforce your strengths, abilities and gifts.
Practice 5-4-3-2-1 grounding.



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., when safe.
Address underlying medical needs.



Recognize Feelings of Loss

Name the losses and their importance.
Allow time for processing.
Access professional support 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, relaxing belly breaths.