

NAVIGATING THE COVID-19 CRISIS



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Get **CENTERED.**

In a crisis, we can too readily focus on fearful thoughts. If you feel anxious, take slow, deep breaths, get physically active, distract yourself from the fear in healthy ways--read, watch funny videos, reach out to a friend--and take a break from sources of information that may feed your anxiety.

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Get **RESOURCES.**

Focus on two kinds of resources: a community of support and getting the information that you need to make critical decisions. Ask yourself: Who will help me navigate this crisis with thoughtful wisdom? What sources of information can I trust to be accurate and fact-based rather than driven by personal or political agendas?

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Get **INTENTIONAL**

The two factors that you can completely control are your attitude and your personal behaviors. Pick the compass points or values that you will use as your guide during this time--even when others act differently. What qualities do you want to demonstrate? Enlist people you trust to help you stay the course or remind you when you've gotten off track!

S

Get **STRATEGIC**

You have a finite amount of time and energy. What are your priorities? How can you set boundaries, leverage your personal strengths, and make the choices that will put those priorities first? How can you collaborate with others (online or by phone) who may be strong in areas that are weaknesses for you?

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Get **INTUITIVE.**

Our mind loves to pepper us with unending "what ifs" and to do lists. Take time away from the news, social media noise, logistics and responsibilities to check in with your personal wisdom. Quiet the "monkey mind" through meditation, prayer, or getting into nature (if possible). Ask your heart what is right for you before you act.

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Get **SELF-CARE**

A strong, healthy immune system is particularly critical right now. Do what you can to nurture your body and your mind during these tough times. Eat healthy foods, get enough sleep, stay active, and practice self-compassion for those inevitable mistakes everyone makes.



Want more COVID-19 coping strategies ?

Check out:

www.drSusanMecca.com

**The Gift of Crisis: Finding your best self In the worst of times
(Available on Amazon)**