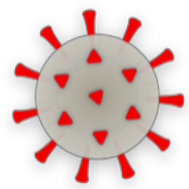




# FACE COVID



How to respond effectively to the Covid crisis  
by Dr Russ Harris, author of The Happiness Trap



## Focus on what's in your control

Fear, anxiety & worry are normal reactions. You can't magically control them. Nor can you control the Corona virus or the world economy. But you can control what you do - here & now. So focus on that!



## Acknowledge thoughts & feelings

Silently and kindly acknowledge your thoughts and feelings, With curiosity, notice what's going on in your inner world. You might say to yourself, 'I'm noticing feelings of anxiety' or 'There's my mind worrying' or 'I'm having feelings of loneliness'



## Come back into your body

Find your own way to connect with your physical body, For example: Slowly press your feet hard into the floor, or slowly press your fingertips together , or slowly stretch your arms or neck, or shrug your shoulders, or take some slow breaths



## Engage in what you're doing

Notice where you are, and refocus your attention on the activity at hand. Notice what you can see, hear, touch, taste and smell. Notice what you are doing, and give your full attention to that activity.



## Committed action

Take effective action. Follow official guidelines to protect yourself & others. Ask yourself often 'What can I do right now - no matter how small it may be - that improves life for myself or others?'



## Open up

Make room for all those painful feelings - and be kind to yourself. What kind things would you say to and do for a loved one in this situation? Apply those same kind words and deeds to yourself.



## Values

What sort of person do you want to be? How do you want to treat yourself and others? Your values might include love, patience, courage, kindness .... or numerous others. Look for ways to live them.



## Identify resources

Identify resources for help, assistance, support, and advice. This includes friends, family, neighbours, health professionals, emergency services. Make sure you know the contact phone numbers.



## Disinfect & Distance

Disinfect often & physically distance - to care for yourself, your loved ones, and your community.

