

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



Manage Information

Limit Social Media.
Choose 1-2 trusted news sources – only check once/day.
Choose print over broadcast, audio over video.



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.



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.



Eat Healthy and Sleep

Eat fruits and veggies.
Stay hydrated.
Sleep at least 7 hours/night.
BREATHE... deep, relaxing belly breaths.



Recognize Feelings of Loss

Name the losses and their importance.
Allow time for processing.
Access professional support like telehealth if needed.



Reduce Boredom

Try something new.
Play/exercise – get outdoors when possible.
Focus on education.