



CORONA

“Creating Optimistic Responses to Overcome Negative Activity”

How many times in the past month did you wish for
“a day to just relax, sleep in, read a good book, do nothing, enjoy your family...”?

Well that time is **NOW!!**

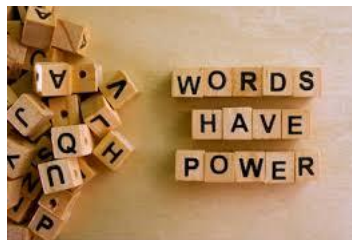
What you chose to think and do during this *Corona Crisis* will directly affect your
experience and quite possibly your physical and mental health.

Will this be a time of fear and loss?

or

an opportunity to make up for lost time.

Suggestions:



Watch your words, they have power

Comment on the positives-

a chance to be together, have game night, family dinners, connect with old friends via social media, facetime & email, organize your home, your contact lists, play with your pets...

Express gratitude-things can always be worse and for some they are; talk about how fortunate you are, what you DO have, not what you are lacking or missing out on.



Lead by example, people follow leaders

Show your children how to behave in uncertain times-look out for your neighbors, be kind, helpful & thoughtful. Care about others, we are all struggling with this new reality. Observe and comment on the good in humanity and pay it forward, especially now. Forgive those around you who are acting out of fear and being selfish or self-consumed. Model compassion and tolerance.

Things to do:

Create a CORONA Journal-detail all the wonderful opportunities this time of *slow down* has given you and your family. Every day write down one thing CORONA has allowed you to do that “regular life” would not.

Make the most of these times-

Play with your children,

Talk to your spouse,

Snuggle, and be intimate & emotionally available to those you love

Play with your pets,

Read a book,

Write a book,

Take a walk-get fresh air and vitamin D

Play games,

Watch a movie,

Create New Traditions-homemade pizza night, Mexican Monday, Taco Tuesday, cook together,

Laugh together-A LOT... it's more contagious and a lot healthier than CORONA

Organize- your house, your finances, your contact list, your photos, your goals & dreams

Create your future-goals, hopes, desires... this will not be forever; so then what do you want

Make a family activity jar-everyone writes down things they want to do and places they want to do-for dinner, to visit, to experience. Now you have hope and future goals & plans.

If you or someone you know is struggling with this current crisis I am here to listen and help. Just email me hkbrogan@iecounseling.com and we can schedule a telehealth session to get you the support and guidance you need to overcome your fears and anxiety.
www.iecounseling.com

