

Rebalancing America and Beyond™



Mental Health and Wellness Worksheets (Conquering Coronavirus Fear, Worry, and Stress)

Sheila Robinson-Kiss, Msw, Lcsw

What is My Narrative About this Time?



We do not respond to what is happening. We respond to what we tell ourselves is happening. Your narrative will determine how you respond to the societal and personal changes brought on by the coronavirus. What is your personal narrative?

What Can I Manifest at this Time?

Many people have asked the question; *what can I do with all this down time?* (“I have to be at home so much more now!”) This is the perfect opportunity to manifest wonderful things you have put on the shelf. What home improvements project can you work on? How can you grow your knowledge base through listening to podcast or reading books? Can you manifest a deeper bond with you friends and family through more quality connection?

What Must Still Be Intact When This Ends?



In the video series 'Depressed and Productive' I talk about the importance of choosing 1-3 things you will safeguard and protect during rough times and depression. For me that has always been my work and my health. *(As I type this text, I 'm not in the happiest mood, yet I love my work and I choose to soldier on. When this is all over, I don't want to look back and see myself having dropped 'the ball').* **Decide what you will cherish, protect, and keep intact.**

How will I serve others at this time?

How will I Serve as my own inspiration at this time?

How much news will I watch each day?

HOLDING MY POWER



What matters most in my life?

Who matters most in my life?

Why I choose to walk in elevation at this time?
