



There is not one "right" way to cope with the COVID crisis but we offer this framework for your consideration:

F: Focus on what is truly within your control. You have control over what you do in the here and now.

A: Acknowledge your thoughts and feelings. Notice and observe your emotions, urges, and thoughts.

C: Come back into your body. It may be helpful to move, stretch and notice body sensations.

E: Engage in what you are doing. Try to be present in the situation and focus your full attention back on the task at hand.

C: Committed action. What can you do right now that improves your life, those you live with, or people in your community? Everyone's answer is different.

O: Opening up. Make room for difficult thoughts and feelings while being kind to yourself and others.

V: Values. What do you want to stand for in life and in this crisis? And how can you turn these into behaviors?

I: Identify resources. Resources are anything that offer you help, support, guidance, and assistance. These resources should be reliable and trustworthy.

D: Disinfect and distance. Remember to distance physically, not emotionally.

The secret to find The Life Balance while coping with the COVID crisis is accepting what is out of your personal control while committing to actions that improve the quality of your life in the here and now.