There is not one "right" way to cope with COVID 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 COIVD 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.**

**How to face the COVID crisis while building resilience**

**Be open.** Being open refers to being able to accept challenging private experiences including thoughts and feelings instead of trying to suppress them or change. Acceptance does not mean resignation to these thoughts and feelings but recognizing that we have those experiences and seeing them for what they are (a thought is just that, while a feeling is just that). These thoughts and feelings, including the difficult ones, are a part of being human. When having a challenging thought or feeling, acknowledge it for what it is instead of struggling with it.

**Be aware.** Being aware refers to being fully present in the moment with all five senses. In times of stress nd challenge, it can become very easy to be caught up in our thoughts, feelings, as well as the past or the present. Instead of being caught up in these experiences, bring awareness to the present moment, using the senses if possible. One simple exercise encourages us to take time and focus on our breathing while noticing one thing with each sense (one thing you can see, one thing you can hear, one thing you can touch, one thing you can smell, and one thing you can taste). Engage the senses by really taking time in this experience. In the midst of everything going on, engaging in the senses can be a helpful way to ground oneself in the present experiences.

**Be engaged and active.** When challenging times, difficult emotions, or tough thoughts come, we can often lose sight of what things are important to us. Take this time to consider those areas of life that are important to you, or your values. Values may include domains of life (e.g., being a parent, leisure, vocation, relationships, or community) as well as ways in which you may wish to live your life (e.g., connection, integrity, humor, kindness). It is also critical not simply to determine these valued domains, but to engage in actions that bring you closer to that valued domain. For instance, if you wish to have more connection in your life, take the time to call, text, email, or FaceTime a family member or friend.

**Be self-compassionate.** These are trying and difficult times. Self-compassion entails being kind to ourselves as opposed to judging ourselves, seeing our common humanity, and being mindful or present (including with difficult emotions or thoughts). Often, we say hurtful and critical things to ourselves that we would not dare say to another person. The next time you catch yourself in a time of suffering whether through a mistake or a moment of pain, ask yourself what a caring friend or family member might say to you in that situation. Recognize that we are all human and experience challenges. Give yourself grace.

**Practice gratitude.** Gratitude can be beneficial for well-being (see Wood et al., 2010). While times may be challenging, gratitude serves as a beacon of hope. Try out different approaches to gratitude, including journaling about things that you are grateful for or expressing gratitude to a loved one, friend, or coworker for the qualities that you appreciate or admire about them.