

COPING WITH COVID-19

CHANGING BEHAVIOUR CAN CHANGE MOOD



VALIDATE EMOTIONS



MICRO STRATEGY

SYMPTOMS

PROBLEM AREA

SYMPTOMS

MICRO STRATEGY

BEHAVIOUR

EMOTION

PHYSICAL

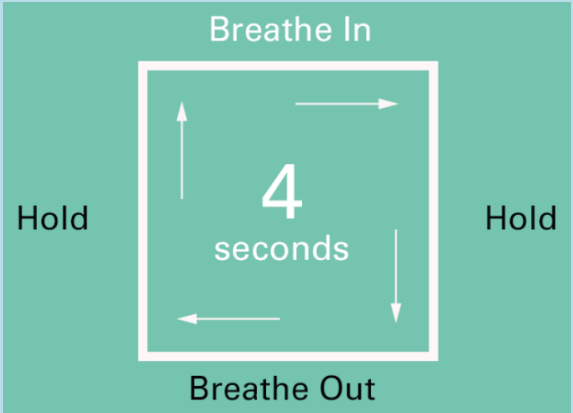
THOUGHTS

Increase in unhealthy habits – eating/drinking
 Reduced activity
 Reduced sense of purpose
 Increased isolation

Anxiety
 Isolation
 Stress
 Worried
 Sadness

Heart palpitations
 Shortness of breath
 Sweaty/Shaky
 Panic Attacks
 Restlessness

Worrying – “What if?”
 Predicting worst case scenarios
 Negative thoughts about others & the world
 “I can’t cope”



BOX OR SOBER BREATHING



THOUGHTS ON A SCREEN