OVERCOMING ANXIETY DURING UNCERTAINTY

- Read fact-based news and monitor your intake - reading everything can be exhausting and stressful
- Working from home can be isolating - connect with friends and family regularly
- Music can be distracting for some, but for others, it can help them relax and focus. Instrumental music is good for this purpose
- Get dressed (sorry, pjs don't count) and take a shower
- Move your body! Even a short walk can be refreshing
- Eat nourishing food where possible
- Be aware of your screen time
- Journal your thoughts (resources below)

MINDFULNESS TOOL

A simple four-step process can be used during a brief break to determine the best course of action.

S = Stop
Stop what you are doing. Press the pause button on your thoughts and actions

T = Take
Take a few deep breaths to center yourself

O = Observe
Your body – What do you see, hear, taste, smell and touch?
Your emotions – What are you feeling right now?
Your mind – What assumptions are you making about your feelings?

P = Proceed
Proceed with whatever you were doing, making a conscious choice to incorporate what you just learned

*Adapted from the UCLA Mindfulness Awareness Research Center

USEFUL RESOURCES FOR ANXIETY AND STRESS

Websites

- www.virusanxiety.com/
- www.tenpercent.com/coronavirussanityguide
- www.uclahealth.org/marc/mindful-meditations (ENGLISH/ESPAÑOL)
- medschool.ucsd.edu/som/fmph/research/mindfulness/mindfulness-resources/Pages/default.aspx
- www.calm.com/blog/take-a-deep-breath

Free apps for iOS and Android

- MINDFULNESS: Insight timer, Smiling mind, Stop, Breathe & Think, UCLA Mindful, 10% Happier
- EXERCISE: Daily Workouts Fitness Trainer, 7 Minute Workout, Freeletics, Daily Yoga, Nike Training Club
- JOURNALING: Day One, Diarium, Journey, Penzu, Five Minute Journal

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