



3 TIPS TO REDUCE ANXIETY, REGAIN BALANCE, AND KICK COVID'S ASS!

#1

FOCUS ON WHAT IS IN YOUR CONTROL

Corona has impacted everyone physically, economically, emotionally, and socially. In fact, most of us cannot control the larger impact of the virus and it creates fear and uncertainty. While it is completely natural to feel these emotions, we tend to ruminate on what is out of our control or what the future might entail. The more we focus on the intangible, the more helpless we become. **Luckily, you can control your own behavior in the present moment. You can control what you do, how you do it, and when you do it. When you wake up, create a concrete action-plan of how you want to conquer the day while making sure to include helpful activities that provide nourishment and stability. You can ask yourself the following question, "What are three things I can do today that support my mental health and overall well-being?"**

#2

ACKNOWLEDGE UNPLEASANT THOUGHTS AND FEELINGS

We all still want to create a meaningful life even in quarantine. In order to achieve that, we have to accept the inevitable discomfort caused by the pandemic. Thoughts about the future often fuel anxiety because the future is out of our control. Instead of attempting to get rid of the emotional discomfort, change your attitude to one of openness and curiosity. **Take the stance of a curious scientist and non-judgmentally observe these thoughts and emotions as they pop up. We can notice our thoughts and emotions without attachment by simply allowing them to pass like clouds in the sky. Once you acknowledge your internal experience, connect to your physical body by slowly pressing your feet into the ground while focusing on your breath for at least 3 minutes.**

#3

IDENTIFY YOUR VALUES AND LIVE BY THEM

Unlike goals that have a final destination, values are qualities of ongoing action and guide how we behave on a continuing basis. In order to create fulfillment during this tough time, we need to clarify our values and then take effective action to get closer to them. **Take some time to reflect on the following questions:**

- How can you be kind, loving, and caring to yourself right now?
- What activities can you engage in that provide nourishment and stability?
- How can you show-up for others in need right now?
- How can you contribute to the well-being of your community?



PAULINA SIEGEL
MSW, LCSW, CAC II

COURAGEOUS PATHS COUNSELING

☎ 970-591-2315

✉ Paulina@CourageousPathsCounseling.com

📍 1221 S Clarkson St #202 Denver, CO 80210

🌐 www.CourageousPathsCounseling.com