



COPING WITH COVID-19

1

**MANAGING
THE SHOCK
&
AFTERSHOCK
OF COVID-19:**

2

**MANAGING
YOUR TIME
DURING
COVID-19:**

3

**RESOURCES
&
THERAPIES**



MANAGING THE SHOCK & AFTERSHOCK OF COVID-19:

THE POWER OF SURRENDER

of what we can't control

1

GOING IN WHEN WE CAN'T GO OUT

When we can't have something or are forbidden something we tend to focus on it even more. Bring the focus back to yourself. Now is the time to do the inner work, to explore yourSelf.



2

RELINQUISHING CONTROL

Most things are out of our control, despite what we'd like to think. Our mortgages, jobs, relationships and kids can give us a false sense of permanence that can't be scary to let go of...but it's also liberating to surrender. **When we surrender we also relinquish the burden** of taking on responsibility for more than what's ours, and trusting that everything and everyone else is capable and benevolent.



3

CREATING SOLID BOUNDARIES

If we allow our internal environment (our mind & emotions) to be completely affected by our external environment (the world), then we are like a buoy getting tossed back and forth in the ocean. There's no power, or control there. Set boundaries around what you allow **in** (news, social media etc.) and come back to yourSelf via meditation so you can easily differentiate what's yours and what's not.



4

ASKING FOR HELP

Sometimes when we're feeling down and out, asking for help seems like the last thing we want to do. We might be more inclined to just stay in bed alone. But reaching out to others (even before you're stuck in bed), is one of the best things you can do to get back on the road to wellness. You can call a friend, or a professional like a counselor, or alternative therapist, whatever feels most comfortable for you.



5

HELPING OTHERS

Altruism simply makes us feel better. There's nothing like it. Reaching out to people to show you care (even if you don't know them), is an act that **re-affirms your sense of community and belonging** just as much as it does for the person receiving. So, go on and pick up the phone.



MANAGING STRESS

Everyday tools to get you through

1

SELF REGULATION

When you feel like you're going to explode, or you feel overwhelmed, or you just feel any kind of emotion welling up inside you - it's time to self regulate (if not before it gets to that point).

A great way to self regulate is through a physical cathartic release. Going into a private room, locking the door, and then punching a pillow or a couch or bed is a great way to get the energy out while also noting the feelings that are arising. The key is expression over suppression here.

Allowing anger, or frustration out can be challenging for some, but remember that **all emotions are equal and part of the human spectrum**. It is only the **context** which determines whether it's appropriate or not.



2

SELF SOOTHING

Find a pillow that's big enough to hug. As children we are allowed to have teddy bears, but as we grow up, these fuzzy friends become less common to have and sometimes even a bit stigmatized to have. But they're a great tool for self soothing.

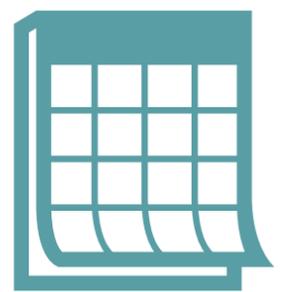
When you feel overwhelmed, hold onto your pillow tight and **take deep breaths until you feel yourself calm**, and your heart rate slow down.



3

CREATING A COVID ROUTINE

For however long this lasts, creating a new routine during the quarantine can bring a sense of control that can bring great relief to our busy minds. Structure gives us something to hold on to. Just make sure it's **flexible** so when quarantine ends you're not jarred all over again.



4

BOX BREATHING

Inhale for 4 sec, hold for 4 sec, exhale for 4 sec, hold for 4 sec, and repeat.

Box breathing is simple, safe and effective way of activating your **parasympathetic nervous system** (rest & relaxation mode).



HACK YOUR NEUROCHEMISTRY

Your Brain, Your Mood

1 NATURE

Studies at Stanford University show that a walk in nature has a measurable effect on mood, specifically for anxiety and depression.

So, if you are allowed to walk outside, enjoy it responsibly while you still can. If you can't, get creative with plants, growing sprouts, and working with natural materials.



2 ANIMAL THERAPY

If you're lucky enough to have animals during quarantine, **get your cuddles in for a dopamine kick!** If not, perhaps now would be a time to consider fostering an animal since many shelters are looking for homes for their animals. If that's not for you, perhaps offering to walk a friend's dog is an option (if permitted in your area).



3 MEDITATION

You've likely heard about it, or tried it by now, but this is part of your mental & emotional hygiene. Your day will most likely be better for it, with a boost of **Serotonin**. There are lots of meditation music tracks and apps out there. See if any of them work for you, or just try it the old fashioned way - solo.



4 EXERCISE

Exercise can mean a lot more than just the gym. Whatever you want to do to move your body around is great. From dancing, to hopping up and down, to jogging or yoga, any activity is great for **releasing endorphins**, which makes you feel more happy. Sex can also release **oxytocin** too FYI.



5 BREATHWORK

There are many different types of breathwork out there from Conscious Connected Breath (CCB), to various forms of Pranayama, and each of these have a different affect on the brain and nervous system.

CCB can help to activate the parasympathetic nervous system (rest & relaxation mode), but is best done with a **qualified practitioner** (online one-on-ones are okay).

