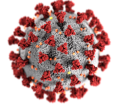


F.A.C.E. C.O.V.I.D.

“A set of practical steps for responding effectively to the Corona crisis, using principles of acceptance and commitment therapy (ACT)” ~ Russ Harris



F = Focus on what's in your control: You can't control what happens in the future. You can't control COVID, leadership's response, or others' behavior. You can't eliminate your perfectly natural fear and anxiety. But you can control what you do - here and now. And that matters.

A = Acknowledge your thoughts & feelings: Silently and kindly acknowledge whatever is 'showing up' inside you: thoughts, feelings, emotions, memories, sensation, urges.

C = Come back into your body: Come back into and connect with your physical body. Try: Slowly pushing your feet hard into the floor; Slowly stretching your arms or neck, shrugging your shoulders; Slowly breathing.

E = Engage in what you're doing: Get a sense of where you are and refocus your attention on the activity you are doing. Try: Look around the room and notice 5 things you can see; Notice 3 or 4 things you can hear; Notice what you can smell or taste or sense in your nose and mouth.

C = Committed action: 'What can I do right now - no matter how small it may be - that improves life for myself or others I live with, or people in my community?' And whatever the answer is – do it, and engage in it fully.

O = Opening up: Difficult feelings are guaranteed to keep on showing up. We can't stop them from arising; they're normal reactions. But we can acknowledge they are normal, allow them to be there (even though they hurt), and treat ourselves kindly.

V = Values: What do you want to stand for in the face of this crisis? How do you want to treat yourself and others? Look for ways to sprinkle in your values (e.g., respect, courage, honesty, patience, caring, kindness) throughout the day.

I = Identify resources: Identify resources for help, assistance, support, and advice. This includes friends, family, neighbors, health professionals, emergency services. (Disaster Distress Helpline: 1-800-985-5990 or text the phrase "TalkWithUs" to 66746).

D = Disinfect & distance: Disinfect your hands regularly. Practice as much social distancing as realistically possible, for the greater good of your community.