

# Tools to Regulate Mind, Body & Emotions during COVID-19



## Manage Information

Limit Social Media.  
Choose 1-2 trusted news sources – only check once/day.  
Choose print over broadcast, audio over video.



## Practice Compassion

Practice self-kindness, connection and mindfulness.  
Call, text, email, FaceTime - be creative!  
Do something for others – bake, donate, etc.  
Use appropriate touch – hug, hold hands, etc., when safe.  
Address underlying medical needs.



## Visualize

Allow input from your logical mind.  
Remind yourself this is temporary.  
Reinforce your strengths, abilities and gifts.  
Practice 5-4-3-2-1 grounding.



## Eat Healthy and Sleep

Eat fruits and veggies.  
Stay hydrated.  
Sleep at least 7 hours/night.  
BREATHE... deep, relaxing belly breaths.



## Recognize Feelings of Loss

Name the losses and their importance.  
Allow time for processing.  
Access professional support like telehealth if needed.



## Reduce Boredom

Try something new.  
Play/exercise – get outdoors when possible.  
Focus on education.