

# FACE COVID

POSITIVE  
VIBES

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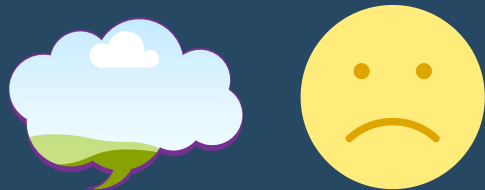
## Focus on what is in your control

When we are facing a crisis of any sort, we are bound to feel both fear and anxiety. These are normal natural responses to challenging situations and uncertainty.

It's all too easy to get lost in worrying and ruminating about all sorts of things that are out of your control.

You can't control what happens in the future. You can't control Corona virus itself or the world economy or how your government manages this. And you can't magically control your feelings, eliminating all that perfectly natural fear and anxiety.

**BUT YOU CAN CONTROL WHAT YOU DO – HERE AND NOW. AND THAT MATTERS.**



### Acknowledge your thoughts and feelings

What thoughts, feelings, emotions, memories and urges are showing up inside of you?



### Committed Action

Consider what are the simple ways to look after yourself  
What are the most effective ways to spend time?



### Identify Resources

Offer support to others and use trustworthy and reliable guidance  
[www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)



### Come back into your body

Come back into and connect with your physical body.



### Opening up

Make room for difficult feelings and be kind to yourself.  
Ask yourself if someone you loved was going through this how would I treat them? What might I say or do?  
Then try and treat yourself the same way!



### Engage in what you are doing

Focus your attention on the activity you are doing



### Values

Be guided by what you value in life.  
What sort of person do you want to be?  
How do you want to treat yourself and others?



### Disinfect and Distance Physically

Disinfect your hands regularly and keep a safe physical distance from other people