



Courage During COVID-19: How to Heal in Times of Illness and Isolation

The most valuable asset we have right now is time. We suggest you take a few minutes to self-reflect on the following.

1. What can you do to help yourself go back to the basics? (i.e. eat, sleep, rest, connect, etc.)

2. How do you choose to use your time?

3. Time can serve as an opportunity to:
 - a. Notice our emotions. Name the emotion.

 - b. Lean in, be curious. What is this emotion signaling? (i.e. loneliness may show us we have a need for connection)

 - c. What does this signal that you value? i.e. connection, love, belonging, etc.

 - d. How can you be a friend to yourself in this time?

 - e. Is there anyone you can check in on? Sometimes we have to give to others in order to step outside of ourselves and our circulating thoughts.

 - f. What is my belief about asking for help? What feels bigger than me?



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