

# POSITIVE MATTERS

KR's guide to being **p**roactive, **p**repared & **p**atient



*Destination* **HEALTH**

## Staying Calm During the Chaos

During times of uncertainty, such as life during a global pandemic, it is easy to become stressed, anxious, and frightened. When these things happen, we tend to overwhelm our brain and go into survival mode. This prevents us from being able to focus and rationally understand what is happening in our life. When we take the time to drop into the present, we are able to take back control of our thoughts and how we respond to the world around us.

### TIPS FOR STAYING CALM:

**JUST BREATHE** - Every time you begin to think about the virus, take a minute to stop and notice what is happening in your mind and body. Awareness plays a key role in staying grounded. Once you are aware that you are becoming stressed and anxious, you are able to recognize that you need to stop and take a deep, calming breath. The more you practice coming back to your breath, the easier it is to catch yourself when you begin to spiral.

**STAY CONNECTED** - Not only is social distancing the safest way to protect ourselves from Covid-19, it is the best thing we can do to protect others. Even though that means we can't physically be with those we normally would be around, that doesn't mean you have to be disconnected. You can call, video chat, write letters, play online games, post on social media sharing tips that have helped you during this time, etc. Staying connected keeps us from feeling isolated. Now more than ever, we need to encourage one another to stay positive and united.

**HAVE AN ATTITUDE OF GRATITUDE** - One of the best ways to stay grounded when the going gets tough is to focus on what you are grateful for. You may feel some resistance from your mind at first. That is normal, especially when your brain is mostly taking in the doom and gloom of the world. Make a commitment to yourself to practice an attitude of gratitude. Whenever the negative thoughts start rolling in, start by thinking about something that you are thankful for.

### FOR EXAMPLE:

**NEGATIVE THOUGHT** - I'm so angry the event I was looking forward to is canceled.

**GRATEFUL THOUGHT** - I get to catch up on reading, take a nap, or play in the yard with my dog.

We may not have control over what the world is experiencing at the moment, but we do have control over how we let ourselves respond to what is happening. By turning to our breath, staying connected, and focusing on what we are grateful for - we can stay calm and know that we will come out of this stronger and more united.

