



## COVID Coping Skills

*We are living in an unprecedented time. Knowing how to navigate and cope may not come intuitively. Here's a list of skills to access as we move through this together. Focus on what you can control, while being gentle and caring for yourself in the process.*

- **Limit exposure to news/social media**
  - It is important to be informed AND the news updates are endless. Over-exposure can be more harmful than helpful. Allow yourself permission to set boundaries around how much space and attention you give this.
- **Connect in a socially distanced world**
  - Extraverted or introverted, humans need connection. Find ways to engage with others while maintaining safety (i.e. phone calls, FaceTime, Zoom game night, etc.).
- **Physical self-care**
  - Now more than ever, it is important to take care of our bodies. Eating healthy food, getting quality sleep, engaging in physical activity, and limiting or abstaining from substances are a few ways to do this.
- **Mental/emotional self-care**
  - Taking time to notice your thoughts and emotions is crucial to your wellbeing. Talking to others is equally important, whether this be your support system or a therapist. Tools such as journaling and mantras (“I am safe. I am loved”) may be useful.
- **Mindfulness**
  - Slowing down. Taking deep breaths. Paying attention. Practice reconnecting to your mind and body, acknowledging how you feel in this moment. Yoga and meditation are great tools to access.
- **Acknowledge the temporary nature of all things**
  - While navigating the pandemic can feel like a marathon at times, this too shall pass. The world and our lives are constantly changing and our experience now is not forever.
- **Practice gratitude**
  - In a less than ideal time, we must be intentional in acknowledging what is going well/right. Taking time to notice what you are grateful for each day is a practice of directing one's attention to the positive, which fosters joy.
  
- **Permission to feel your feelings**

- It is your right to feel bad sometimes. You are going through a grief process, as life is not currently what it was or what you planned for. Practice holding two truths at once (i.e. “I am grateful for my health/job and I am disappointed/scared right now”).
- **Create a routine**
  - Creating a routine can help you maintain a sense of control, and provide a structure to depend on in a time that can activate feelings of helplessness.
- **Break up the monotony**
  - Get creative with activities to break up that Groundhog’s Day feeling, where each day feels like the last. This can be done through honoring seasons, holidays, and special events in novel ways. It is also a time to try out new hobbies, rearrange/decorate your space, and dream about all that travelling to be had post-pandemic.
- **Invite lightness in**
  - The state of the world can feel heavy at times. It is okay (and advised) to take a break from this. We thrive in balance, so directing your attention to something humorous or light-hearted may be just what is needed.
- **Reflect on own personal toolbox**
  - We are often more resilient than we think. Reflecting on past challenges/crises you’ve navigated can remind you of the coping skill toolbox you may already possess. Often what worked before will work again.
- **Access therapy**
  - Seeking therapeutic support is always useful. Therapy offers a space to work towards your goals and move through challenges with support and guidance. Colorado CBT provides therapy for individuals of all ages, as well as couples and families. Virtual sessions are available, making therapy safe and more accessible than ever!