



What can I do about worry?

- Maintain **balance** in your life. We need connections to thrive and flourish. Find creative ways to do social things at a distance.
- **Think through the worry.** Rationalize and practice identifying whether your worry is a **'real problem'** or **'hypothetical problem'**.
- **Practice postponing your worry.** Worrying is insistent, it feels like you have to engage right now. Set aside time each day to let yourself worry. For the other hours of the day, you let go of the worry until you get your worry time.
- **Focus that worry into preparation.** When you head out for essential errands... did you remember your mask? do you have a wipe for your cart? did you check the refrigerator to ensure an accurate shopping list?
- **Find something to do** that takes your concentration, interest, and focus away from those negative thoughts of worry.
- Speak to yourself with **compassion** and **practice gratitude**. Find something specific each day that made you happy or brought you joy. Acknowledge the good things you wouldn't have or wouldn't normally do if it wasn't for the current situation.