

Who do I want to be during COVID-19?

FEAR ZONE

LEARNING ZONE

GROWTH ZONE

I think of the others and see how to help them

I make my talents available to those who need them

I start to give up what I can't control

I stop compulsively consuming what hurts me, from food to news

I live in the present and focus on the future

I grab food, toilet paper and medications that I don't need

I spread emotions related to fear and anger.

I identify my emotions

I am empathetic with myself and with others

I complain frequently

I become aware of the situation and think how to act

I thank and appreciate others

I forward all messages I receive

I evaluate information before spreading something false

I keep a happy emotional state and spread hope

I get mad easily

I recognize that we are all trying to do our best

I look for a way to adapt to new changes

I practice quietude, patience, relationships and creativity