

F.A.C.E. C.O.V.I.D.

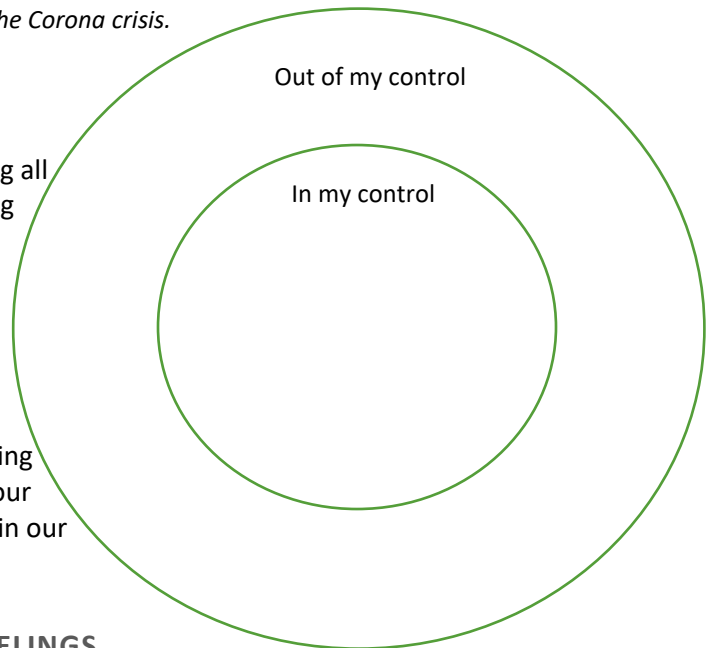
HOW TO RESPOND EFFECTIVELY TO THE CORONA CRISIS

The following information was adapted from Dr. Russ Harris, who used principles of acceptance and commitment therapy to originate a set of practical steps for responding effectively to the Corona crisis.

F = FOCUS ON WHAT'S IN YOUR CONTROL

COVID-19 is a wide-spread, serious illness that is affecting all community members internationally. When we are facing *any* crisis, we are affected in many ways (physically, emotionally, economically, socially, psychologically, and so on). It is normal for us to experience fear and anxiety when confronting situations that are dangerous and uncertain.

It is easy for us, though, to get lost in in our fear – spending Ample time ruminating and stressing over things out of our control. The **first step** we can take is to focus on what is in our control *here and now*.



A = ACKNOWLEDGE YOUR THOUGHTS & FEELINGS

In **step 2** take notice of your thoughts, emotions, sensations, and urges. Write them below.

Thoughts	
Emotions	
Sensations	
Urges	

C = COME BACK TO YOUR BODY

Step 3 allows you to reconnect with your physical body.



You can do this by:

- Taking deep breaths
- Stretching
- Slowly pushing your feet hard into the floor
- Slowly straightening up your back and spine.
- Slowly pressing your fingertips together.

E = ENGAGE IN WHAT YOU'RE DOING



Do things you would normally do with intention. In other words, **step 4** asks you to use your five senses to bring awareness to an activity or situation.

Notice 5 things you see



Notice 4 things you can feel



Notice 3 things you can hear



Notice 2 things you can smell



Notice 1 thing you taste



C = CONFIRMING VALUES

- | | | |
|---|----------------------------------|---|
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Respect | <input type="checkbox"/> Security |
| <input type="checkbox"/> Responsibility | <input type="checkbox"/> Humor | <input type="checkbox"/> Openness |
| <input type="checkbox"/> Love | <input type="checkbox"/> Honesty | <input type="checkbox"/> Skill |
| <input type="checkbox"/> Comfort | <input type="checkbox"/> Family | <input type="checkbox"/> Strength/Self-Reliance |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Health | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Other: | <input type="checkbox"/> Other: | <input type="checkbox"/> Other: |

O = OPENING UP

Talk about difficult feelings! We can expect these feelings will reoccur throughout the crisis and they are *normal*. Practice self-kindness. Ask yourself, "If someone I loved was going through a difficult experience, what would I want to say to them?"

Ebook on self-kindness:

https://drive.google.com/file/d/1__Q3UcT9Q8VuSbiRm7x7-xjaxy5xkrba/view?usp=sharing

V = VALUED ACTION

It is important for us to continue to take actions consistent with our values (see "V"). Actions that are meaningful and important, even if they bring up difficult thoughts and feelings. Using the strategies indicated above, you can gain better control over these actions. Outside of handwashing, social distancing, and other preventative actions we take to stay safe from COVID, we can consider taking actions to take care of ourselves and those we live with.

Committed Actions for our Self	Committed Action for Others
<ul style="list-style-type: none"> Engage in physical exercise Cooking healthy food Creating something 	<ul style="list-style-type: none"> Say some kind words to others in distress Help someone with a task or chore Comfort and soothe someone who is sick

Write some other committed actions that align with identified values here

I = IDENTIFY RESOURCES

You can reach out to family and friends, access online therapy through: betterhelp.com, or visit The World Health Organization website at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

D = DISINFECT AND DISTANCE PHYSICALLY



Wash your hands frequency either with an alcohol-based sanitizer or with soap and water.



Practice respiratory hygiene. Cover your mouth or nose with your bent elbow or a tissue when you cough or sneeze.



Maintain social distancing. Stay at least 3 feet away from yourself and anyone who is coughing or sneezing.



If you have a fever, cough, or difficulty breathing. Seek medical care.



Avoid touching eyes, nose, or mouth.



Stay home if you feel unwell, even if it isn't the symptoms related to COVID-19.

Stay informed about COVID. Follow advice from your healthcare provider and community leaders.

More info at: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>