



**HOW AM I
FOCUSING MY
ATTENTION
DURING THE
PANDEMIC?**

Negative thoughts keep recurring

I send emails or post on social media out of fear

I complain or seek to blame others

I overconsume news or media

I disconnect from others

I have trouble sleeping

I seek to control people or events to feel safer

I find my negative emotions spill onto others

I use substances to make me feel better

I exhibit displaced aggression to others

I identify my resources and track

I focus on my sensations of well being

I ground

I identify sensations connected to my emotions and thoughts

If in my low or high zone, I use a Help Now Strategy to Reset Now!

When I identify distressing sensations, I shift to sensations of wellbeing

I remember a self-calming gesture

I am empathic to the concerns of others

I comfort those who grieve

I practice my skills of well being

I remind myself we are all in this together

I am grateful

I have compassion for myself and others

When I identify distressing sensations, I shift to sensations of wellbeing

I reach out to those who need support-family, friends, neighbors

HIGH/LOW ZONES

MOVING TO THE RESILIENT ZONE

RESILIENT ZONE