



Adapted from Dr. Russ Harris - The Happiness Trap

Face Covid



An acronym to help you look after yourself when faced with coronavirus

F = Focus on what is in your control

In a crisis, what YOU can control is your behaviour, that is, what you do. You can make a massive difference to yourself, the people you live with and your community.

A = Acknowledge your thoughts and feelings

What thoughts, feelings, emotions, sensations and urges are you having?

C = Come back into your body

Remember to connect with your body. You could do this by breathing deeply or slowly stretching your body.

E = Engage in what you're doing

Focus your attention on what you are doing. E.g. notice 5 things you can see, 4 things you can hear, 3 things you can smell, 2 things you can taste and 1 thing you can touch.

C = Committed action

What are simple ways you can look after yourself and those around you? What kind and caring things can you do? E.g. Call or text a friend a nice message or help a family member with chores.

O = Opening up

Be kind to yourself and tell someone if you are struggling - ask yourself "if someone I loved was feeling what I'm feeling, how would I treat them?"

V = Values

Remember what your values are and let them guide you. Ask yourself "what sort of person do I want to be?"

I = Identify support

Identify resources for help, support, assistance and advice. This can include, family, friends, neighbours and youth workers as well as online resources.

D = Disinfect and distance physically

Wash your hands regularly and keep a safe distance from other people