

Who do I need to be during COVID-19 ?

Meaningful relationships show us we aren't going it alone.

I grab supplies that I don't need.

I spread emotions related to fear and anger.

I complain frequently.

Fear Zone

I forward all messages I receive.

I get mad easily.

I recognize that we are all trying to do our best. We are in this together.

I learn to let go of what I can't control.

Self-love means I stop compulsively consuming what hurts me, from food to news.

I've become aware of the situation and think about how to act with **RESPECT**.

Learning Zone

I evaluate information and its intent before sharing with others.
ACCOUNTABILITY is being responsible.

I identify my emotions. I accept myself in the moment.

I practice quietude, self-reflection, patience, humility, and creativity.

I think of others and reach out to help them.

I make my talents available to those who need them.
COLLABORATION helps us be better together.

I show **COMPASSION** for myself and others.

I contribute to a culture of Psychological **SAFETY**.
I thank and appreciate others for their contributions.

Growth Zone

I live in the present and focus on the future.

I am aware, and regulate my emotions. I spread hope and optimism.

I am resilient and willing to adapt to new changes.