

## 10 Strategies for Prioritizing Wellbeing in Uncertain Times

Wellbeing is defined as feeling good and functioning effectively through thriving *and* struggle.

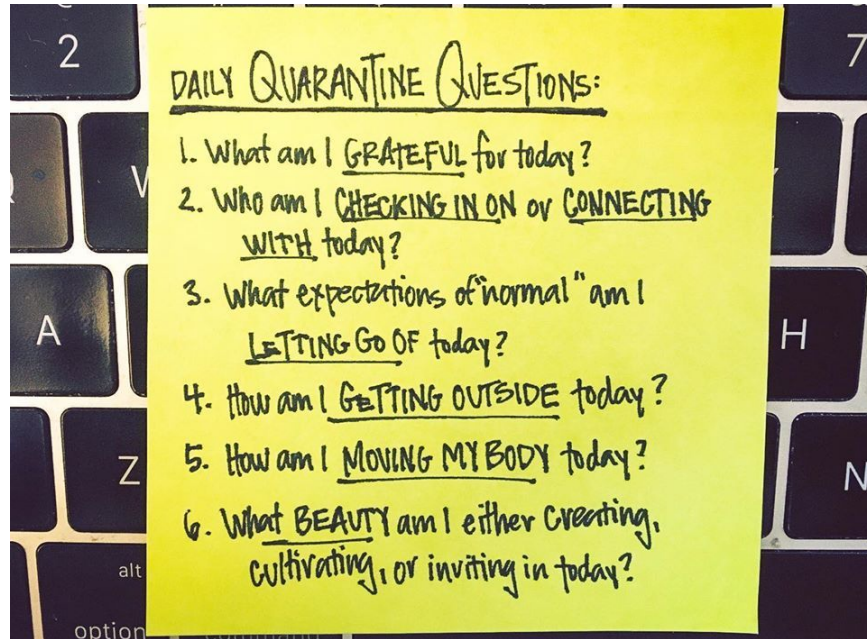
- 1. Take care of your health.** Prioritize sleep, movement, and healthy eating. Plenty of free apps can be helpful with this if assistance and/or reminders are needed.
- 2. Be mindful of your social media use.** Set time limits for media consumption. Notice how it makes you feel. Pause before (re)posting: Does it need to be said? Does it need to be said by me right now?
- 3. Be a thoughtful consumer of information.** Carefully consider the information you are learning. What is the source? Is it true, accurate, and relevant? Is my focus on this information helpful or hurtful to me?
- 4. Reframe your thoughts.** Catastrophizing and ruminating are common reactions to stress. Working hard to refocus your attention away from these thoughts is helpful. We can't tell ourselves to *not* think about something, we can only work to replace those thoughts with something different.
- 5. Regardless of your spiritual beliefs, consider the serenity prayer.** Grant me the Serenity to accept the things I cannot change, the Courage to accept the things I can, and Wisdom to know the difference.
- 6. Breathe.** The simple act of focusing on your breath can be powerful to center ourselves and reduce anxiety. It is particularly helpful to extend the exhales as this activates the parasympathetic nervous system (the system that calms us down). Even 30 seconds of focused breathing is significant.
- 7. Notice the unexpected gifts in your life.** Take a few moments to really focus on these gifts. Savor them before you go to bed each night, share them with your others over dinner, write them in a journal.
- 8. Get outside more.** Nature provides an abundance of benefits to our physical and psychological wellbeing. It connects, heals, soothes, and restores us.
- 9. Spot the strengths in yourselves and others.** It's easy to find fault in ourselves and others. Take a moment to recognize the strengths you see in others: *Creativity, Curiosity, Judgment and Open-Mindedness, Love of Learning, Perspective, Bravery, Perseverance, Honesty, Zest, Capacity to Love and Be Loved, Kindness, Social Intelligence, Teamwork, Fairness, Leadership, Forgiveness and Mercy, Modesty and Humility, Prudence, Self-Regulation, Appreciation of Beauty and Excellence, Gratitude, Hope, Humor, Religiousness and/or Spirituality.*
- 10. Recognize your need for connection and take action.** Be creative as you reach out to people in different ways (while maintaining recommended physical distance): bring back letter writing, use video technology to engage virtually, reach out to long lost friends, share vetted and helpful resources, start or contribute to a fun social media challenge (describe your pet as a co-worker), volunteer.

For mental health assistance, visit <https://www.mihopeportal.com/>, call 211, or call 800-317-0708 for Community Mental Health for Central Michigan.

## Resources for Prioritizing Wellbeing in Uncertain Times

1. Measure your Wellbeing: [www.mildland.permahsurvey.com](http://www.mildland.permahsurvey.com)
2. Measure your strengths: [www.viame.org](http://www.viame.org)
3. An interview from Scientific American: [COVID-19: Dealing with Social Distancing](#)
4. Dr. Martin Seligman offers: [A simple exercise to help stay calm in the face of coronavirus uncertainty](#)
5. Professor Lea Waters AM, Ph.D. contributed to an article in The Guardian: [The family lockdown guide: how to emotionally prepare for coronavirus quarantine.](#)
6. On the Benefits of Optimism: <https://globalwellnessinstitute.org/wellnessevidence/optimism/>
7. Greater Good Science Center's Greater Good Magazine (many useful articles!): <https://greatergood.berkeley.edu/>
8. Working from Home: <https://www.cnbc.com/2020/03/17/never-make-these-6-biggest-mistakes-working-from-home-says-guy-whos-done-it-for-10-years.html>
9. Managing Anxiety and Stress: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
10. Physical Wellness Toolkit: <https://www.nih.gov/health-information/physical-wellness-toolkit>
11. Coronavirus Toolkit for Employee Wellbeing: <https://community.virginpulse.com/coronavirus-covid-19-awareness-at-work>
12. 5 Ways to View Coverage of the Coronavirus: <https://www.apa.org/helpcenter/pandemics>
13. Covid 19: How to Respond Constructively: <https://www.actionforhappiness.org/news/covid-19-how-to-respond>
14. A list of free, online, boredom-busting resources! – ChatterPack: <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>
15. How to Be Happy - Well Guides - The New York Times: <https://www.nytimes.com/guides/well/how-to-be-happy>
16. Nature Rx: The Outdoors Can Be an Antidote to Quarantine Anxiety | Sierra Club: <https://www.sierraclub.org/sierra/nature-rx-outdoors-can-be-antidote-quarantine-anxiety>
17. Mitch Albom: Coronavirus crisis will be defined by how we tell the story: <https://www.freep.com/story/sports/columnists/mitch-albom/2020/03/15/mitch-albom-coronavirus/5050402002/>
18. 10 Positive Updates on the COVID-19 Outbreaks From Around the World: <https://www.goodnewsnetwork.org/10-positive-updates-on-the-covid-19-outbreaks-from-around-the-world/>
19. Because humor is a good thing for Immunity and Because we'll be on more virtual formats: A Conference Call in Real Life [https://www.youtube.com/watch?v=DYu\\_bGbZiiQ&feature=share&fbclid=IwAR2btY0T\\_ak\\_QWZqVgEe00WL7NeP14Z7g4y1mRn746CEKCiHy8WKnrnnnV0](https://www.youtube.com/watch?v=DYu_bGbZiiQ&feature=share&fbclid=IwAR2btY0T_ak_QWZqVgEe00WL7NeP14Z7g4y1mRn746CEKCiHy8WKnrnnnV0) 17 Homeschooling Tweets That Are 100% True, 200% Funny: <https://www.buzzfeed.com/asiawmclain/homeschooling>

## Posters for Prioritizing Wellbeing in Uncertain Times



### What NOT to Do When Someone Has Anxiety

#### Don't...

1. Don't say "Just calm down" or "Relax!"
2. Don't say, "There's nothing to worry about."
3. Don't say, "I've got problems, too."
4. Don't enable an unhelpful coping behavior.

#### Instead...

1. Try asking open-ended questions about how they feel.
2. Show that you see how upset the person is and empathize.
3. Take a back seat for now and hear them out.
4. Gently and firmly hold them accountable.



<h3>Physical Self-Care</h3> <ul style="list-style-type: none"> <li>Adequate sleep &amp; rest</li> <li>Drinking water</li> <li>Exercise</li> <li>Stretching</li> <li>Nourishing food</li> </ul>	<h3>Mental Self-Care</h3> <ul style="list-style-type: none"> <li>Positive affirmations</li> <li>Practicing mindfulness</li> <li>Reading</li> <li>Watching the content you consume</li> </ul>
<h3>Emotional Self-Care</h3> <ul style="list-style-type: none"> <li>Setting healthy boundaries</li> <li>Time with loved ones</li> <li>Art &amp; music</li> <li>Dancing &amp; Singing</li> <li>Play</li> </ul>	<h3>Spiritual Self-Care</h3> <ul style="list-style-type: none"> <li>Inspiration</li> <li>Prayer</li> <li>Meditation</li> <li>Time in nature</li> </ul>



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



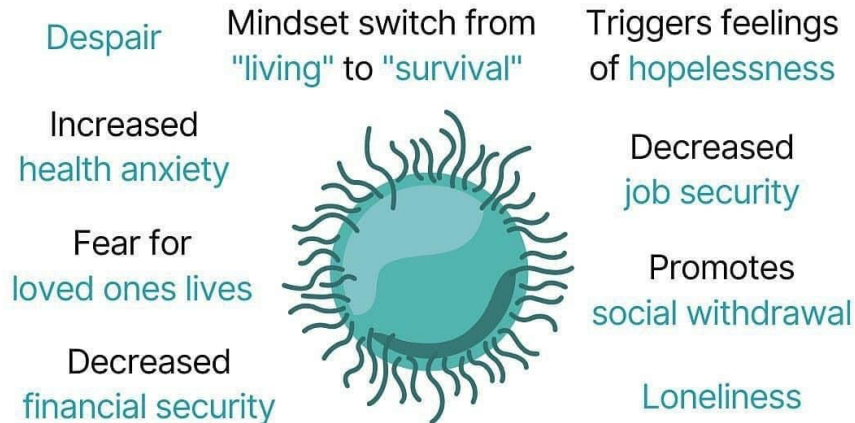
ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

## Why The Coronavirus Is Triggering Mental Health Issues:



Quarantine makes it more difficult to distract oneself from existing mental health issues



Coronavirus isn't just threatening our physical health, but our mental health too. Look after it. Please share to raise awareness.

@RealDepressionProject





# 7 Ways to be More Optimistic

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



## See setbacks as temporary

Viewing your setbacks as permanent makes you more likely to give up. See them as a learning curve and resolve to come back better because of them.



## Regain a sense of control

What can you do to improve the situation? Focusing on this leads to more possible solutions, less problematic barriers and more action.



## Don't over-generalise

After a disappointment, it is easy to think that everyone and everything is conspiring against you. Compartmentalise. A setback in one aspect of your life does not make you a failure in others.



## Watch out for key phrases

Phrases such as "I will never", "I always mess up" and "This happens every time" after a failure are not helpful. Use phrases like "I might be able to" and "I could try this".



## Shift your focus

It is tempting to focus on things you can't change. This can lead to stress and frustration as it is out of your hands. Control the controllables.



## Take a balanced approach

Regardless of success or failure, there are always things that you did well and things you can do to improve. Build a stable base from which to learn.



## Acknowledge your own contribution

Don't always put your success down to luck or other people performing worse than you. Build your optimism by reflecting on how you contributed to your successes.