



Top Tips to Decrease Coronavirus Anxiety & Improve Emotional Well Being

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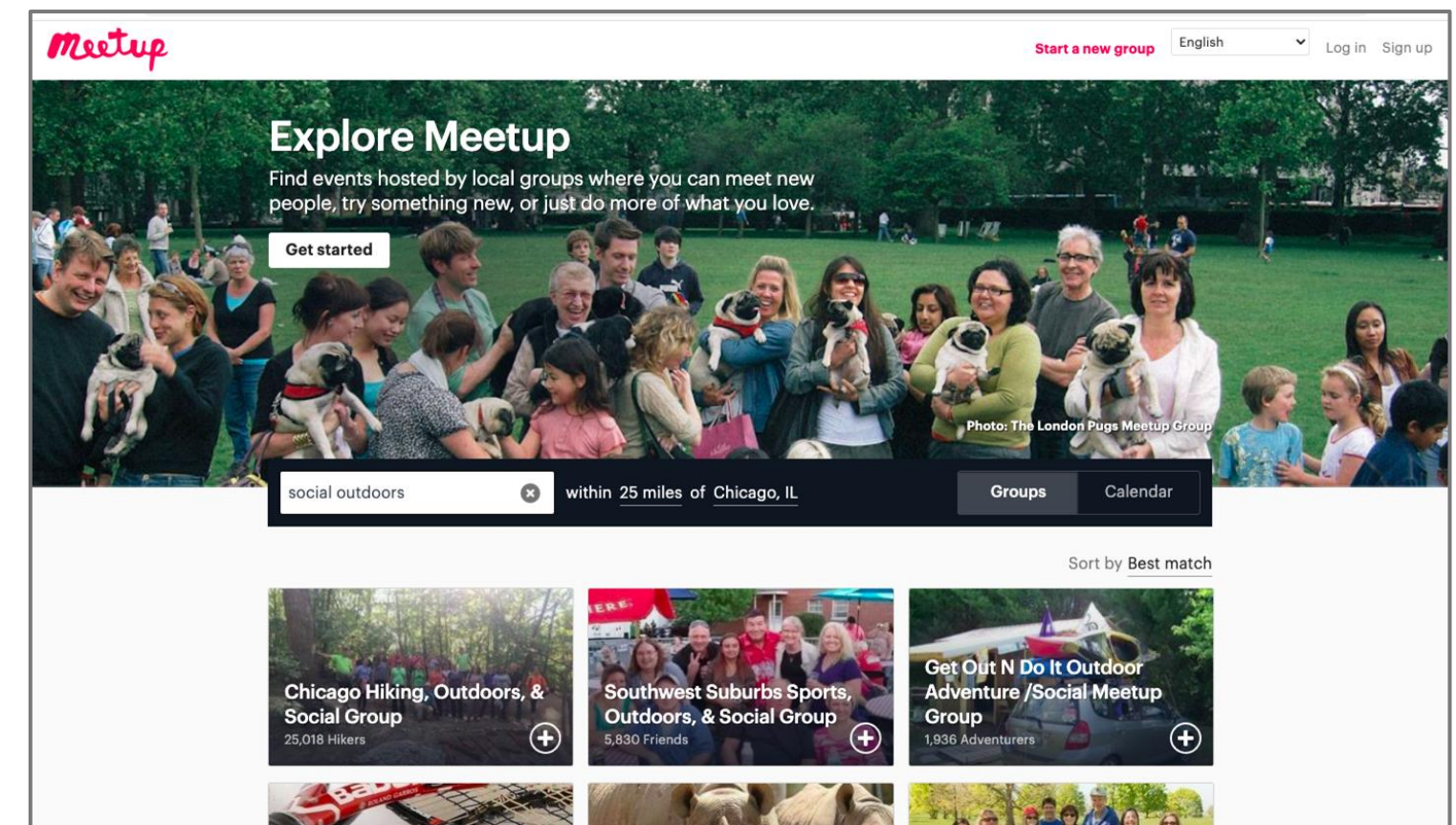
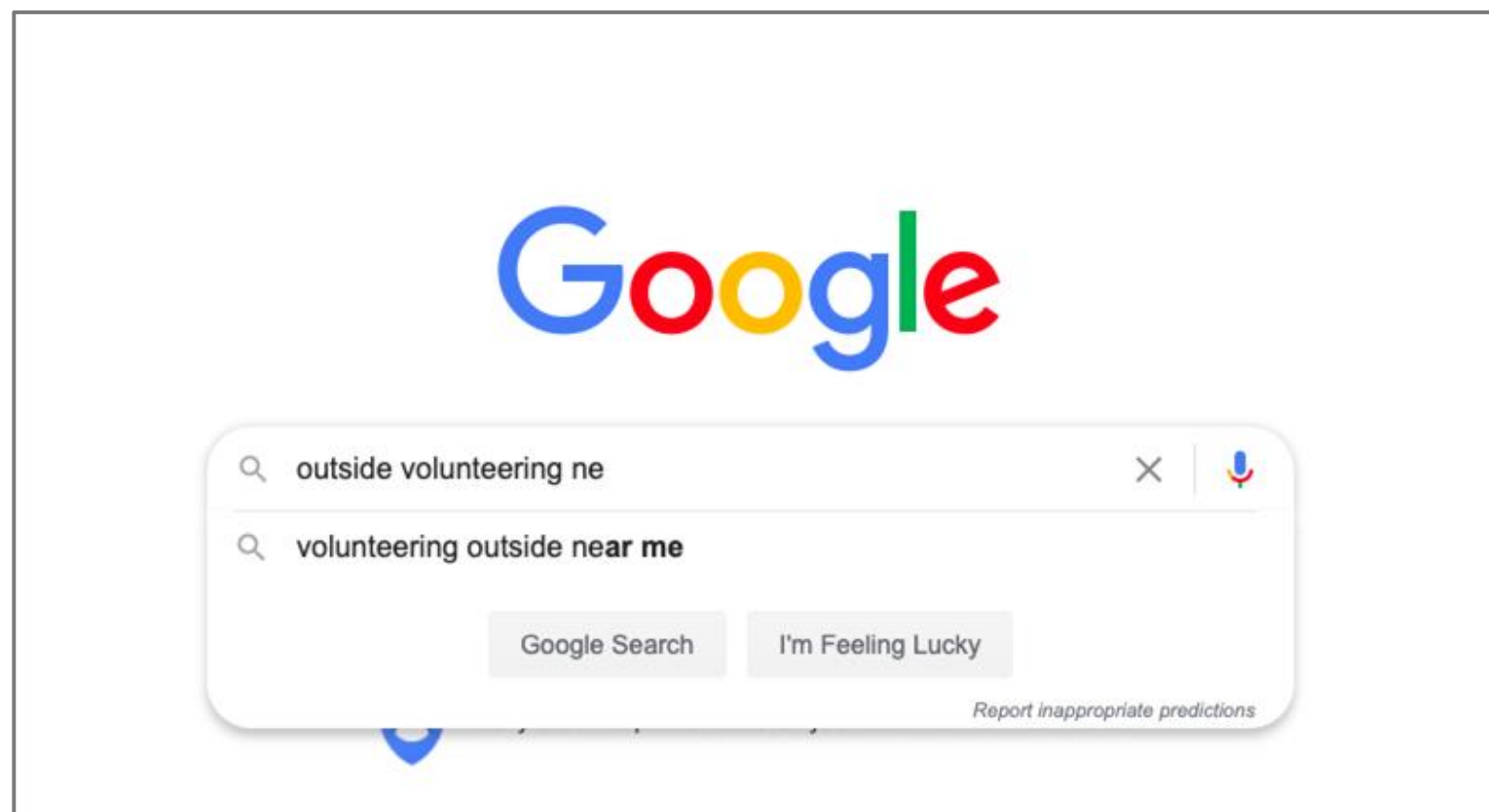
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Presentation Outline

- ★ Socially Connected Living vs Social Isolation
- ★ Don't Get Hopeless, Do Get Creative
- ★ Good Enough vs "Perfect" Living
- ★ Limit Social Media Usage
- ★ It is OK to NOT be OK
- ★ Work Your Mindfulness Muscle
- ★ Get Up & Get Moving
- ★ Don't Go At It Alone

Socially Connected Living vs Social Isolation

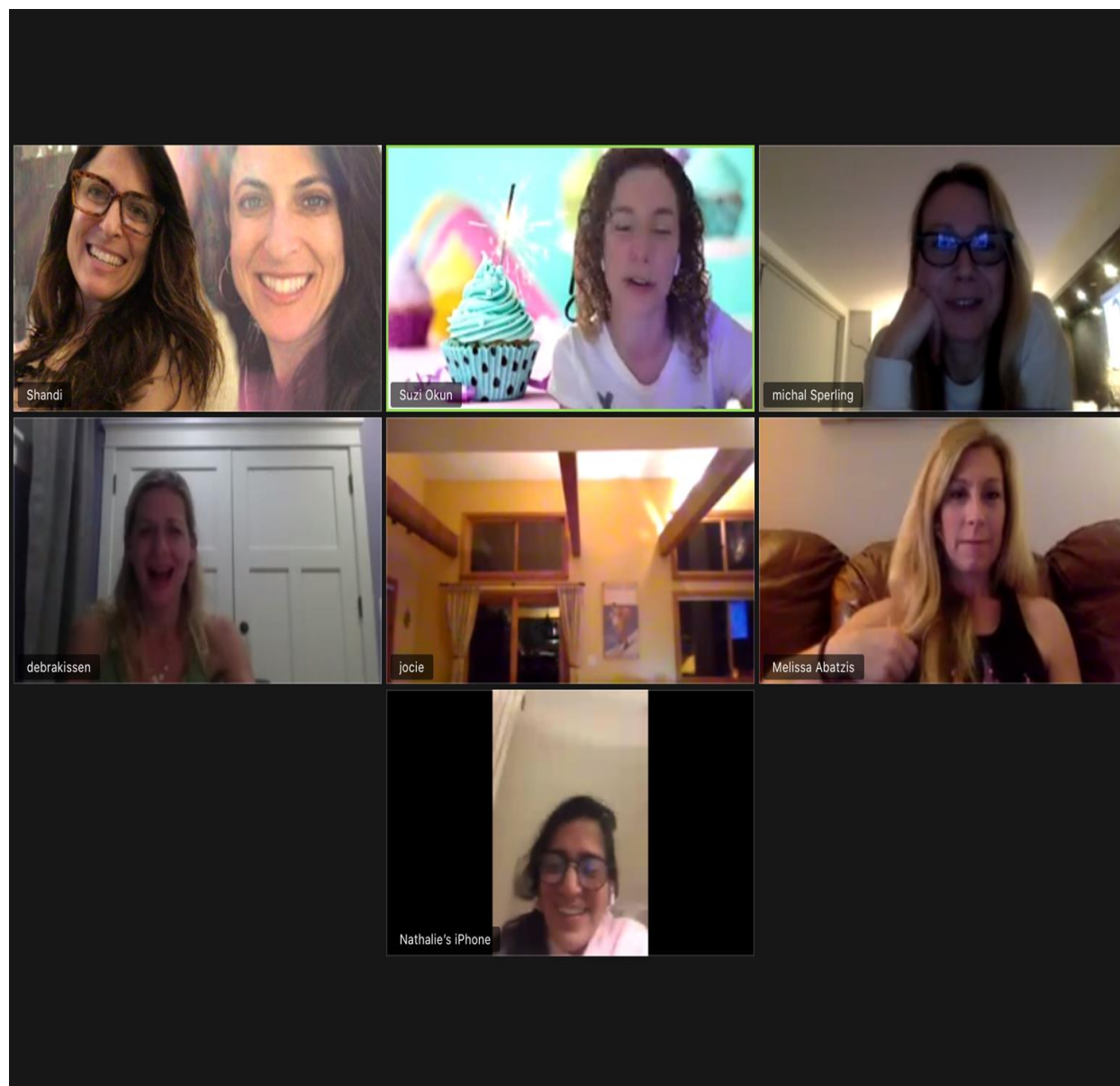
Social distancing does NOT mean social isolation!



Find new opportunities to connect with people.

Socially Connected Living vs Social Isolation

Not the Life Milestone You Had Planned
But Meaningful Nonetheless.



Dating In The Age of Coronavirus

Determination
is Necessary
When it Comes
to Dating in the
Age of the
Coronavirus.



DON'T Get
Hopeless. DO
Get Creative.

Good Enough Living

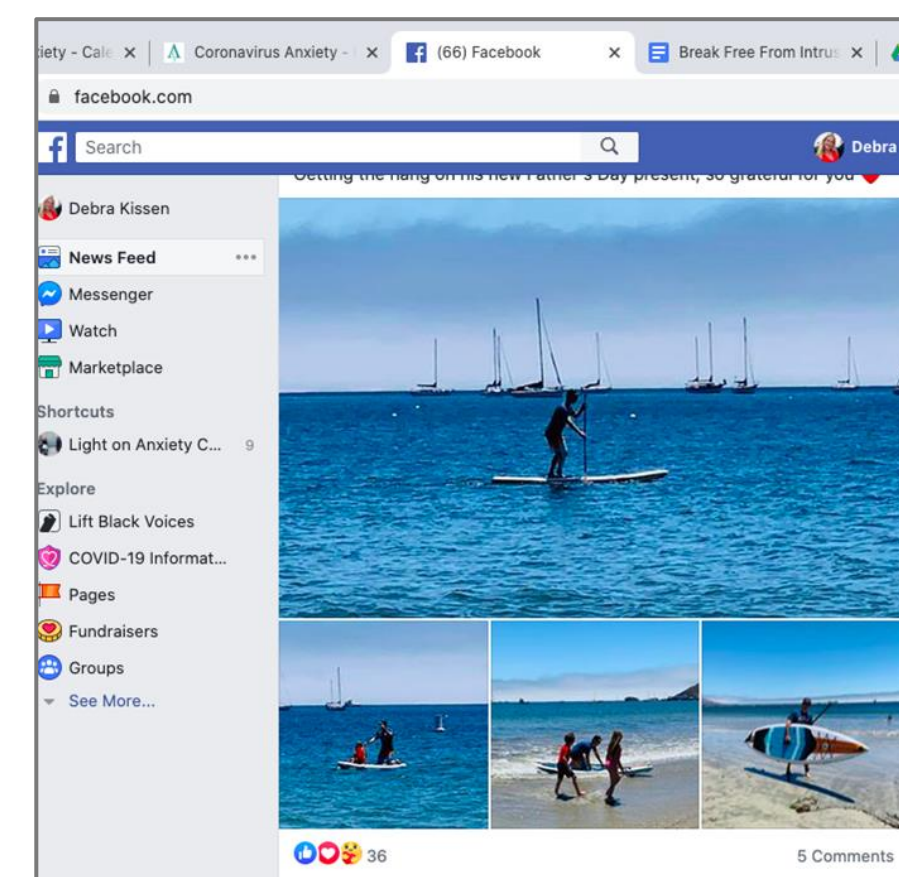
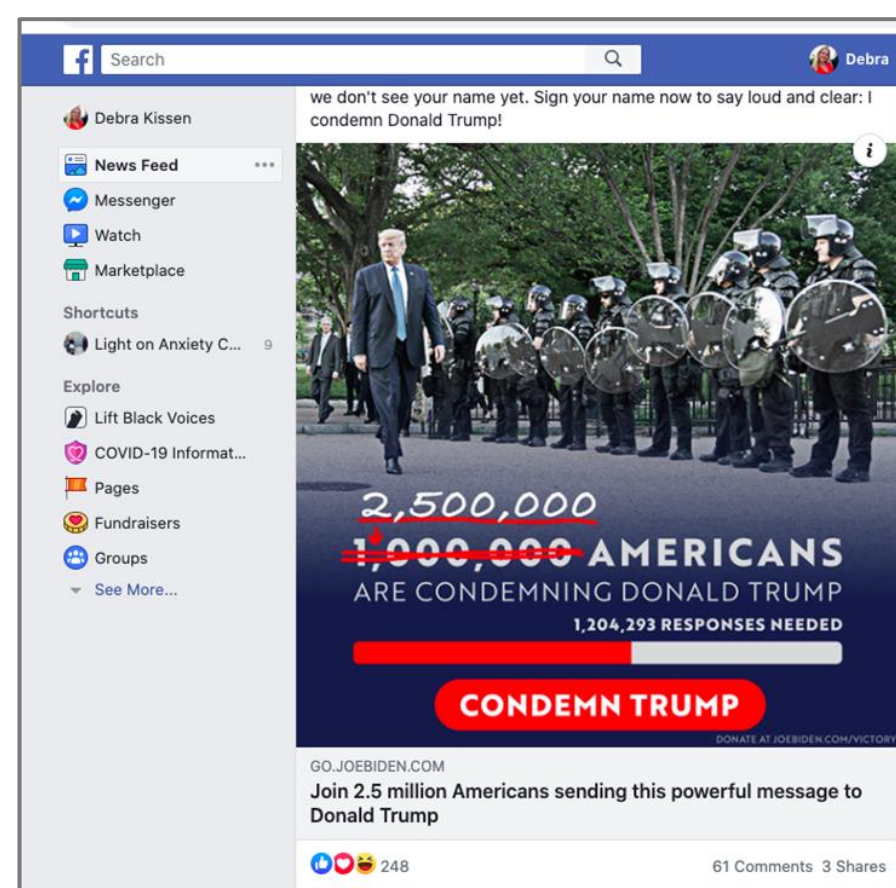
It is Time to Remove the Shackles of Perfectionism



Watch Your Social Media Usage

Increased Stress on Relationships

The Pandemic is NOT a Cure for FOMO & Unhealthy Social Comparisons



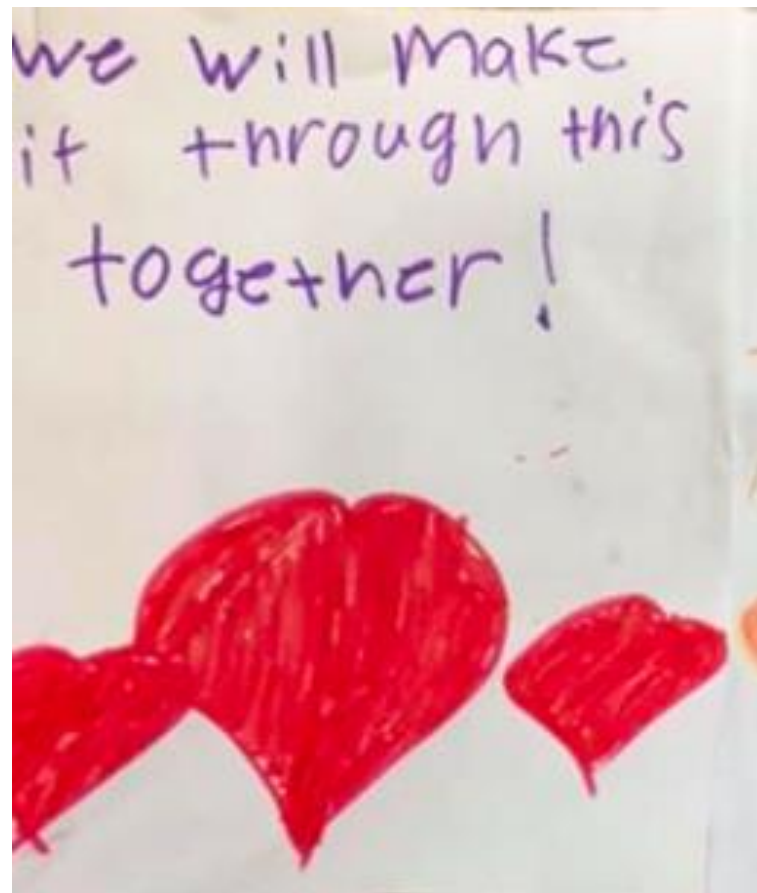
Consider Going on a Social Media Diet

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It Is OK to Not Be OK

Sometimes You May Feel Like This



But Sometimes You May Feel Like This



All Emotions Are Valid.

Having a Difficult Time Does Not Make You Broken, But It Does Make You Human.

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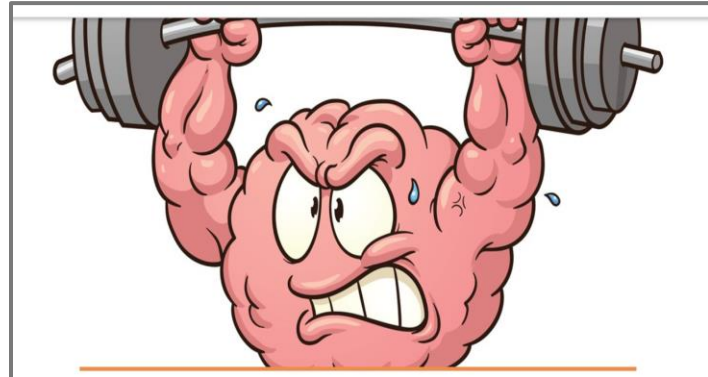
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Work Your Mindfulness Muscle

Mindfulness entails continually bringing your attention back to the present moment.

What Mindfulness Is:

- Mindfulness is a form of brain training
- Mindfulness enhances your ability to “be here now” vs. “there & then”



What Mindfulness is NOT:

Mindfulness is not synonymous with relaxation

Mindfulness is not about emptying the mind



No Better Time To Work Our Mindfulness Moment Than The Present Moment

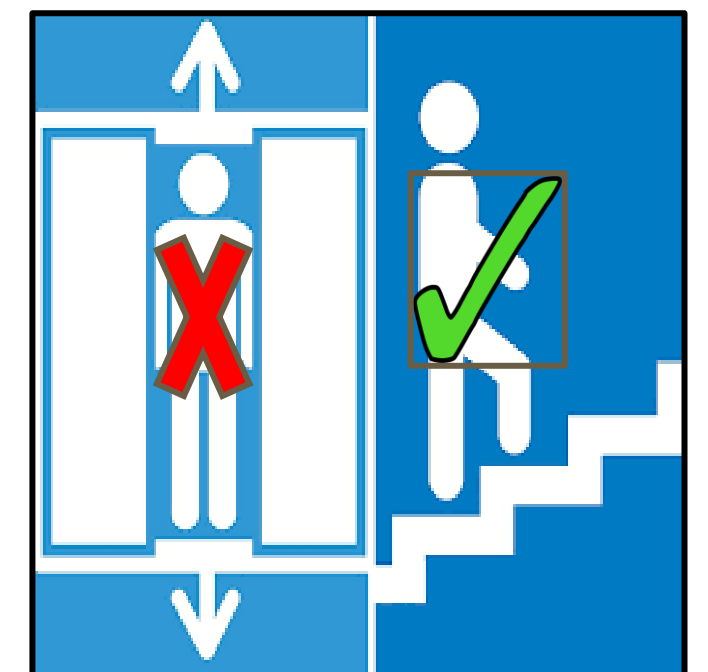
1. For 1 minute focus your attention on your in breath and out breath
2. You will repeatedly find your attention drifting, as thoughts, feelings or sensations come into your awareness
3. When you notice yourself engaging with a distraction, gently return your attention back to the breath

Nothing magical about the breath. Only reason breath is so often used is because it is always accessible. The goal is not to prevent yourself from having thoughts, feelings or sensations but instead to enhance your ability to notice when you have become distracted and strengthen your redirection mental muscle.

Get Up & Get Moving

Creative Ideas to Increase Movement Throughout Your Day

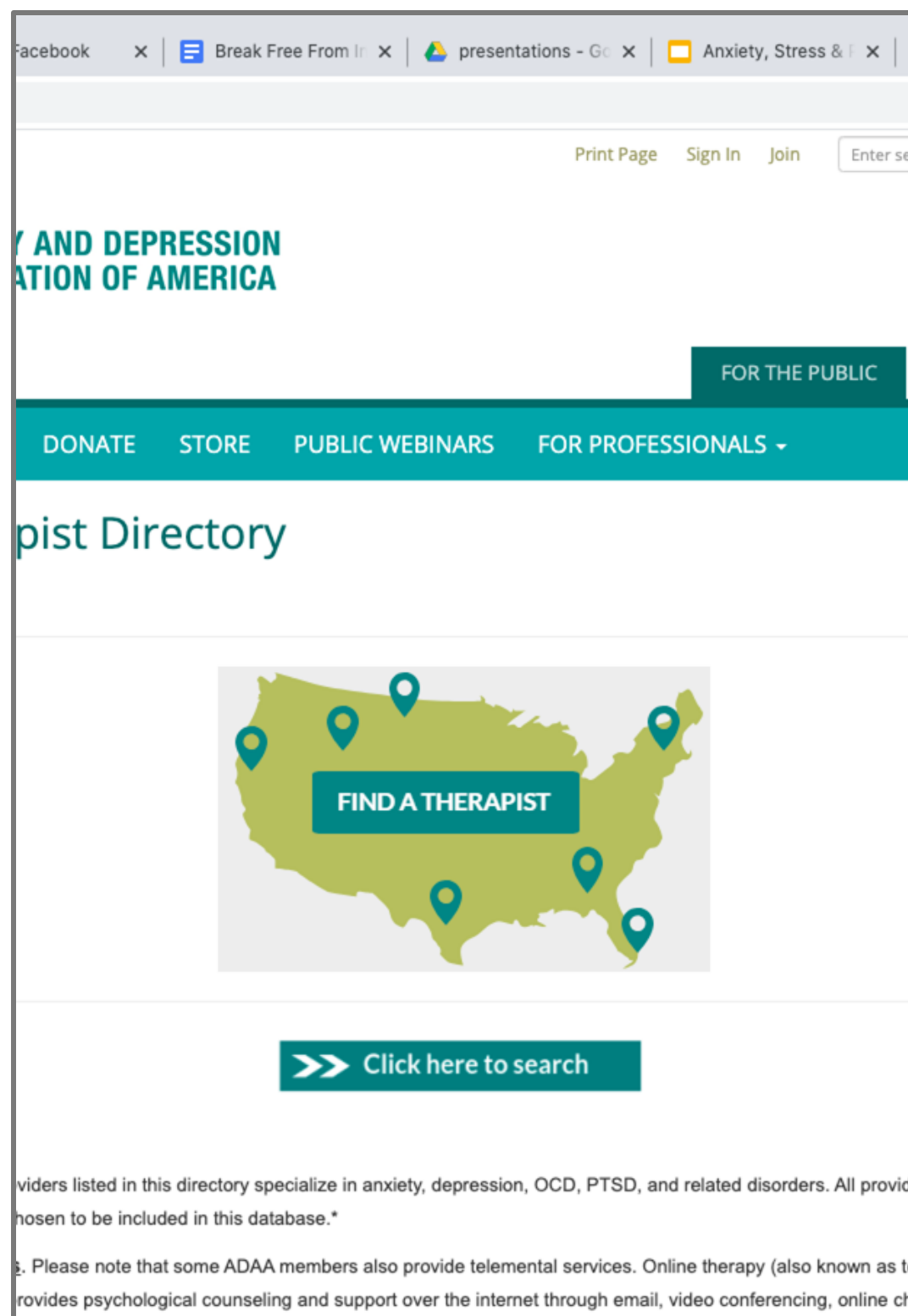
- Plan for “walk & talk” meetings
- Schedule and set alarm for movement breaks throughout your day
- Place movement encouraging tools throughout your home and work environment
- In this age of social distancing all the better to take the stairs over elevators



Don't Go At It Alone

Visit adaa.org to find a high quality therapist near you.

- ★ A little help can go a long way.
- ★ Admitting you need help is not weak but in fact the bravest thing you can do.
- ★ Treatment for mental health concerns need not be long term.
- ★ Most mental health providers are currently offering web based treatment.
- ★ Mental health treatment can be practical and assist you in managing challenges in your current life.
- ★ Mental health support is similar to working out with a trainer at the gym. Could you do it alone? Yes. But is it helpful and motivating to obtain external support? Yes!



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