

FACE COVID

Use this memory device to help you FACE COVID.

F = Focus on what's in your control

The most useful thing you can do in any type of crisis – coronavirus-related or otherwise – is to focus on what's in your control. Because what you do – here and now – can make a huge difference for yourself and anyone living with you, and a significant difference to the community around you.

A = Acknowledge your thoughts and feelings

Silently and kindly acknowledge whatever is showing up inside you: thoughts, feelings, emotions, memories, sensations, urges.

C = Come back into your body

Come back into and connect with your physical body. Find your own way of doing this. This is not to escape, avoid or distract yourself from what is happening in your inner world. The aim is to remain aware of and acknowledge your thoughts and feelings and at the same time connect with your body and actively move it.

E = Engage in what you're doing

Get a sense of where you are, and refocus your attention on the activity you are doing.

C = Committed action

Committed action means effective action, guided by your core values. It is action you take because it's truly important to you; action you take even if it brings up difficult thoughts and feelings.

O = Opening up

Opening up means making room for difficult feelings and being kind to yourself. Difficult feelings are guaranteed to keep showing up as this crisis unfolds: fear, anxiety, anger, sadness, guilt, loneliness, frustration, confusion and many more.

V = Values

Committed action should be guided by your core values. What do you want to stand for in the face of this crisis? What sort of person do you want to be as you go through this? How do you want to treat yourself and others?

I = Identifying resources

Identify resources for help, support and advice. This includes friends, family, neighbors, health professionals and emergency services. Make sure you know the emergency helpline phone numbers, including psychological help if required.

D = Disinfect and distance

Disinfect your hands regularly by washing thoroughly with soap and water. And practice physical distancing for the greater good of your community. Physical distancing does not mean cutting off emotionally.