

ANXIETY → TRUST

Try saying
out loud:

I trust
myself.

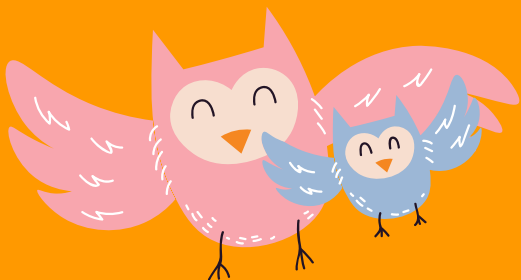
I trust that
everything
will be OK.

I trust that
I will do the
right thing.



SADNESS → JOY

Take a break from feeling sad
and give yourself a big hug!
Just wrap your arms around
yourself and gently rub your
back and shoulders.



ISOLATION →

CONNECTION



Write a letter to a close friend or favorite family member! Tell them how you've been feeling during this time and ask what they've been up to.



WORRY → LAUGH



If you are feeling worried,
move out of the feeling by
closing your eyes and doing a
silly dance or singing a funny
song at the top of your lungs!

FEAR \rightsquigarrow FAITH



Imagine a situation that scares you. Now imagine the same situation but if everything goes like you want it to!