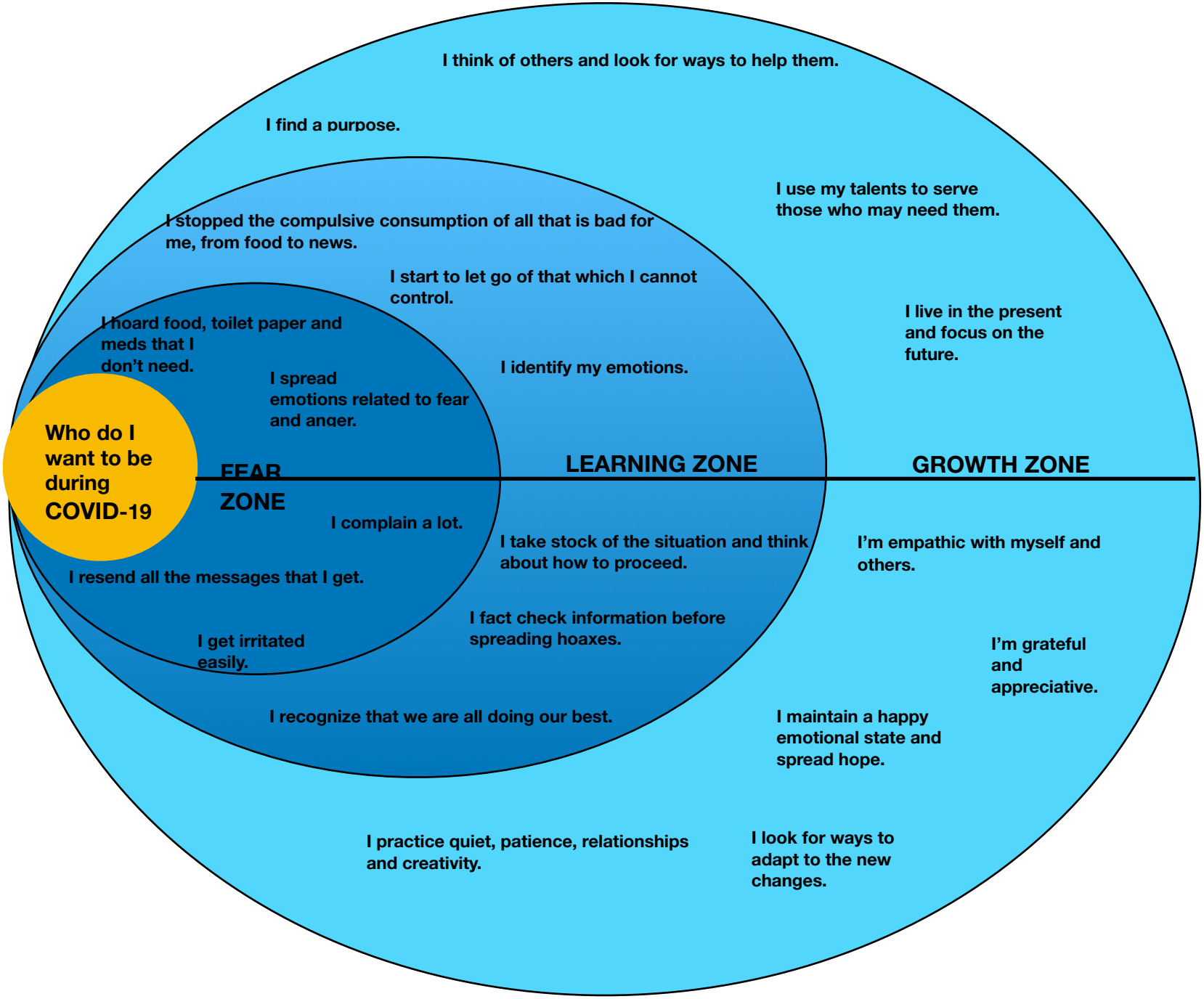
I think of others and look for ways to help them.
I find a purpose.
I use my talents to serve those who may need them.
I stopped the compulsive consumption of all that is bad for me, from food to news.
I start to let go of that which I cannot control.
I live in the present and focus on the future.
I hoard food, toilet paper and meds that I don't need.
I identify my emotions.
I spread emotions related to fear and anger.
Who do I want to be during COVID-19
FEAR ZONE
LEARNING ZONE
GROWTH ZONE
I complain a lot.
I take stock of the situation and think about how to proceed.
I'm empathic with myself and others.
I resend all the messages that I get.
I fact check information before spreading hoaxes.
I'm grateful and appreciative.
I get irritated easily.
I recognize that we are all doing our best.
I maintain a happy emotional state and spread hope.
I practice quiet, patience, relationships and creativity.
I look for ways to adapt to the new changes.