Creating a Healthy Mindset during a Pandemic

**NEGATIVE**

It’s normal to have negative thoughts that pop into our minds, especially when in the midst of a pandemic. When we simply accept the original negative thoughts and believe them as being true, our anxiety grows. Instead, by practicing balanced and accurate ways of thinking, we can create more healthy thoughts and in turn calm our emotional reactions.

**HEALTHY**

I'm stuck at home. I'm going to get sick. Everything is shutting down. I'm panicking.

There's nothing I can do to stop it. I'm going to get sick. There is too much uncertainty right now.

I've got to buy extra. I just know that I will run out of items at home during self-isolation.

Essential services like grocery stores, medical centers and pharmacies remain open.

Our healthcare systems are going to be overwhelmed.

Experience tells us that healthcare systems struggle during a pandemic. However, I can take action as an individual to reduce the burden on our healthcare systems by using physical distancing, good hygiene and only going to the hospital when medically indicated.

I can’t see my loved ones.

Even though I can’t see my loved ones in person due to physical distancing, there are still many ways I can stay connected, such as Zoom, FaceTime, Skype, What’s App, Marco Polo.

There are things I can do to decrease my chance of getting sick, such as practicing physical distancing, washing my hands, staying home as directed, using masks or gloves as needed.

I'm afraid I'm going to die.

Across the mental health field, providers are rapidly initiating telehealth services. I can reach out to my mental health provider to access services.

I don’t know what I’ll do if I can’t see my mental health provider.

During a pandemic, a large number of people will be asymptomatic carriers of a virus and it is possible that those who are asymptomatic are expected to fully recover.

I don’t get to be safe in my home. I can stay active by starting projects, regularly exercising, and finding other ways to connect.

I'm going to get sick.

There are things I can do to decrease my chance of getting sick, such as practicing physical distancing, washing my hands, staying home as directed, using masks or gloves as needed.

It’s ok to be anxious, but I also need to remember that significant medical advancements are being developed, including potential treatments and vaccines.

Although it’s scary to not know when this will end, our minds are already beginning to resume normalcy. There is security on forever and there are things I can do to help the crisis resolve.

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What if I can’t go to treatment?”

This is going to last forever.

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