Creating a Healthy Mindset during a Pandemic

It’s natural to have negative thoughts that pop into our minds, especially when in the midst of a pandemic. It’s important to recognize these thoughts and believe them as being true, instead of pushing them aside and instead, keep of thinking, which adds unnecessary thoughts and it turns into automatic reactions.

**NEGATIVE**

I’m stuck at home.

I get to be safe in my home. I can stay active by starting projects, regularly exercising, and finding other ways to connect.

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 gloves or masks as needed.

Despite some hoarding of goods, markets are being replenished regularly. I am prepared as best I can be and if I need more in the future, I can figure it out then.

Our healthcare systems are going to be overwhelmed.

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

I can’t see my loved ones.

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 most of those who are symptomatic are expected to fully recover.

**HEALTHY**

I go to bed if I’m still in my home. I can stay active by doing projects, regularly exercising, and finding other ways to connect.

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 gloves or masks 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.

It’s true that there is a lot of uncertainty, I need to remember that I continue to have control of my own actions, that I can find a sense of certainty.

I can’t see my mental health provider.

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

I’m afraid I’m going to get sick.

There’s nothing I can do to stop it. I’m going to get sick.

It’s too scary to know when this will end. There are already beginning to resume normalcy in our society. There are things I can do now to help the crisis resolve.

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

Everything is shutting down. I’m panicking.

There is too much uncertainty right now.

There’s nothing I can do to stop it. I’m going to get sick.

I’m afraid I’m going to die.

Our healthcare systems are going to be overwhelmed.

Despite some hoarding of goods, markets are being replenished regularly. I am prepared as best I can be and if I need more in the future, I can figure it out then.

I can’t see my mental health provider.

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 most of those who are symptomatic are expected to fully recover.

I’m stuck at home.

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 gloves or masks as needed.

I’m stuck at home. 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 gloves or masks as needed.

I get to be safe in my home. I can stay active by starting projects, regularly exercising, and finding other ways to connect.

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 gloves or masks as needed.

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

Everything is shutting down. I’m panicking.

There is too much uncertainty right now.

Our healthcare systems are going to be overwhelmed.

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

Even though I can’t see my loved ones or friend due to physical distancing, there are still plenty of ways we can still keep in touch.

I can’t see my loved ones.

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 most of those who are symptomatic are expected to fully recover.

https://deploymentpsych.org/Center for Deployment Psychology