

Broadway Family Medicine Tips for Managing Stress Surrounding the Pandemic: F.A.C.E. C.O.V.I.D.

Focus on what's in your control

Fear, anxiety, and worry are normal. Instead of getting caught up in worry about the future, the economy, or the spread of the virus, focus on what you can do in the here and now. How do you want to spend your time and energy right now?



Acknowledge thoughts and feelings

Silently and kindly acknowledge your thoughts and feelings. With curiosity, notice what's going on in your inner world. You might say to yourself, "I'm noticing feelings of anxiety," or "There's my mind worrying," or "I'm having feelings of loneliness."



Come back into your body

Find your own way to connect with your physical body. Slowly press your feet hard into the floor, slowly press your fingertips together, slowly stretch your arms or neck, shrug your shoulders, or take some slow breaths.



Engage fully in what you're doing

Notice where you are and give your full attention to what you're doing. Notice what you can see, hear, touch, taste, and smell.



Committed action

Do something that you find meaningful. Follow official guidelines to protect yourself and others. Ask yourself often "What can I do right now - no matter how small it may be - to improve life for myself or others?"



Open up

Make room for all painful feelings, and be kind to yourself. What would you say and do for a friend or loved one in this situation? Apply those same kind words and deeds to yourself.



Values

What sort of person do you want to be? How do you want to treat yourself and others? Your values might include love, patience, courage, kindness, etc. Look for ways to live them.



Identify resources

Identify resources for help, assistance, support, and advice. Resources may include friends, family, neighbors, health professionals, and emergency services.



Disinfect & Distance

Disinfect often, wash your hands, wear a mask, and physically distance – to care for yourself, your loved ones, and your community.

