

WHO DO I WANT TO BE DURING COVID-19

Fear Zone

Learning Zone

Growth Zone

I start to give up what I can't control

i think of others and see how to help them

I make my talents available to those who need them

I grab food toilet paper and medication I don't need

I stop compulsively consuming what hurts me, from food to news

I Live in the present and focus on the future

I spread emotions related to fear and anger

I identify my emotions

I am empathetic with myself and others

I complain frequently

I become aware of the situation and think how to act

I thank and appreciate others

I forwarded all messages I receive

I keep a happy emotional state and spread hope

I get mad easily

I evaluate information before spreading something false

I look for a way to adapte to new changes

I recognize that we are al trying to do our best

I practice quietude, patience, relationships and creativity