

F Focus on what you can control	You can't control the future, Covid or the economy; or magically control your thoughts, feelings and emotions	<u>But you can control what you do here and now- focus on this</u>
A Acknowledge your thoughts and feelings	<u>Silently and kindly acknowledge whatever is showing up inside</u> -thoughts, feelings, emotions, memories, urges, sensations. With a scientist's objectivity and curiosity notice what is going on in your inner world. "I am noticing feelings of anxiety"; "I am having thoughts about getting ill"; "I am having feelings of loneliness". Bring this acknowledgement into the next step.	
C Come back into your body	<u>Notice your body right here and now.</u> Notice your breathing. Notice your body posture (maybe change it and notice how that now feels.) Stretch your neck, arms, back. Press a part of your body (e.g. press your fingers together, or gently stroke your arm). Press your feet hard onto the ground. This is not a distraction from your cognitive/emotional experiences but I reminder that you are here right now in your body.	
E Engage in what you're doing	Now that you have noticed your inner experiences and your body, take time to <u>engage with what you are doing.</u> <u>Bring your focus fully to the task at hand. What do you notice when you are fully engaged?</u> <ul style="list-style-type: none"> • 5 things you can see • 4 things you can hear • 3 things you can feel • 2 things you can smell • 1 thing you can taste 	
C Committed action	<u>Take effective action guided by your core values.</u> Action you can take because it's important to you even if it brings up difficult thoughts and feelings (NB follow official public health guidance). What can I do right now (no matter how small) that improves life for me; for the	

	people who are important to me, my community? Do it and engage fully in it. Consider if you could you connect with others in a different way at the moment?
O Opening up	<u>Be kind to yourself. Open up and make room for the difficult feelings</u> of fear, sadness, anger, loss, anxiety, guilt. Allow them to be there even although they might hurt. Treat yourself kindly. What kind words can you say to yourself? What things can you do for yourself that will help you cope with this?
V Values	What do you want to stand for in the face of this crisis? What do you want to drive your life? What sort of person do you want to be? How do you want to treat yourself and others? Values such as compassion, honesty, courage, respect, humour, patience-and many more. <u>Look for ways to sprinkle your values into your day and let them guide and motivate your actions</u>
I Identify resources	<u>For help,</u> assistance, support, advice such as neighbours, family, friends whatsapp groups. colleagues, scientifically sound websites for physical and psychological guidance; WHO, ECDC. NB Pace your news watching and information feed.
D Disinfect and Distance	<u>Keep applying the practical public health guidance</u>