

WE ARE IN THE SAME STORM, BUT DIFFERENT BOATS.

Even though we are all dealing with similar circumstances, each of us is navigating the stormy waters in a different boat. We are nearing month 10 of COVID-19. It may feel like your boat is slowly going under water and there is no dock in site. So what should you do next?



ASK QUESTIONS & LABEL EMOTIONS

When you are feeling your emotions begin to flood you, ask yourself what you are feeling. Is it stress about what you are going to do next? Is it anger over the circumstance? Grief for a loss of what you wanted or expected to happen? Just like when we work with children, figuring out **WHAT** the emotion is helps us figure out where our feelings are coming from. Giving negative emotions a name has proven to make them feel less intense and scary.

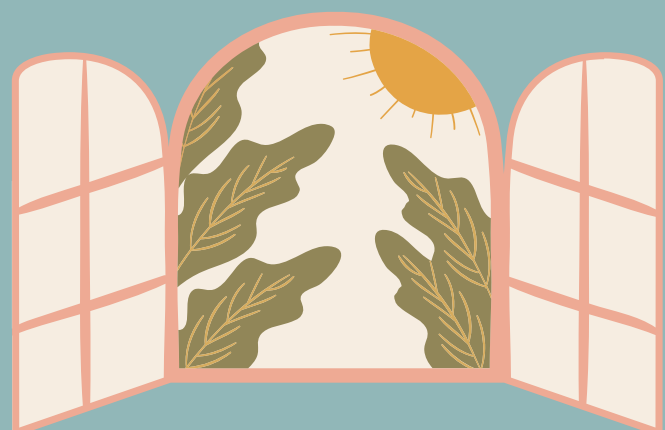


BE GENTLE WITH YOURSELF

Reminder: if you would not speak to a child, client, or friend in a certain way, do **NOT** speak to yourself this way. Be as gentle with yourself as you can, the world is chaotic enough right now. After naming your emotion, give it space to breathe. Then give yourself grace. It's okay to be angry. It's okay to be scared. It's okay to feel.

KEEP ON SAILING!

We must keep moving forward. "Essential" is, was, and will always be an **UNDERSTATEMENT** for what we do at Ability Connection Colorado. You can use your anger during an online Kick-Boxing video, or your stress to mediate, or your grief to write. Whatever you do, let go of the things you can't fix and fix whatever you are able. Clear skies are coming!



WORDS OF HOPE

And activities to practice mindfulness while building resilience.

"Your mind will always believe everything you tell it. Feed it hope. Feed it truth. Feed it with love."



Try for one day to just feed your mind with hope, truth, and love. When you feel your thoughts turn rotten, guide yourself back to truth, hope, and love. Example: You start to think about how much you have to do and how irresponsible you are. Instead, thank yourself for the time you spent doing other things that made you happy.

"Life isn't about waiting for the storm to pass. It is about learning to dance in the rain!"



Can you dance in the rain? The next time life changes your plans or throws an unexpected twist, try to make light of the situation and have fun dancing in the rain. Example: your child spills your coffee and breaks your favorite mug. Instead of reacting in the moment, enjoy cleaning up the mess together.

"Through judging, we separate. Through understanding, we grow."



The next time you are faced with conflict, challenge yourself to understand instead of judge. Ask three open-ended questions to better understand the other person's perspective. Example: a coworker has an idea you don't think will work and mentions it during the meeting. Ask questions to better understand.

"People are probably not happy with their life if they're busy discussing yours."



The next time you find yourself anxious and worried that others are talking about you, do all you can to remind yourself how loved and important you are. Do something that makes you happy. Example: you overhear a parent say something about you that rubs you the wrong way. In this moment, compliment yourself and brush it off.