

Shifting Your Mindset



NEGATIVE THINKING



POSITIVE THINKING

Information adapted from SumairaZ.com

I'm stuck at home.



I get to be safe in my home and spend time with my family.

I will get sick.



I will self-isolate and wash my hands, significantly decreasing my chances of getting sick.

I will run out of items at home during self-isolation.



I have prepared for this and will use my items wisely. I have everything I need for now.

Everything is shutting down, I'm panicking.



The most important places for our health, like hospitals, pharmacies, and grocery stores, remain open.

There is too much uncertainty right now.



While I cannot control the situation around me, I can control my actions and reactions.

I'm isolated from my friends.



While I cannot be with my friends in person, I can find new ways to connect with them right now.

I had a routine and now that I'm stuck at home it is ruined.



I have the opportunity to create a new routine that will work while I am safely at home.