

COVID-19 COPER

in everyday life

CALM

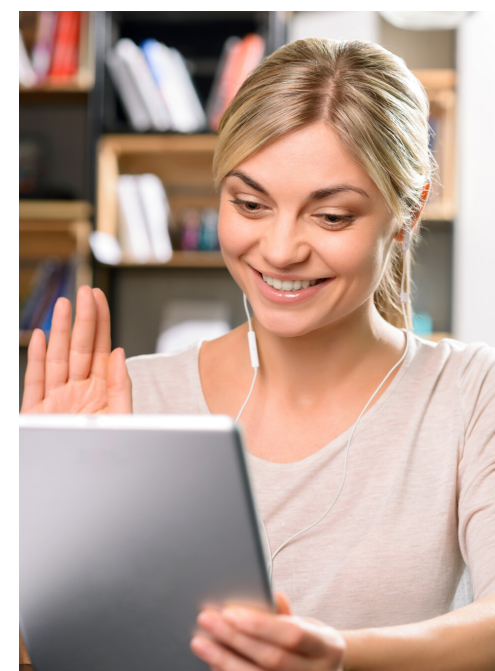
4-4-8 Breathing

Breathe in for 4 counts
Hold for 4 counts
Breathe out for 8 counts
Repeat...



CONNECT

Find ways to keep in touch with friends and family. Small gestures of acknowledgement help those you love feel secure.



OBSERVE

Notice your responses and triggers. Check in on your expectations. Are they realistic? Observe Nature – it's always there.



ORIENT

Orient yourself to what's going on in the world and adjust your behaviour as guidelines change. Limit your exposure to World events.



PRIORITISE

Think about what really matters and prioritise. Recalibrate your priorities each day.



PLAN

Plan simple, fun things to look forward to. Later today. Tomorrow. On the weekend.



EXERCISE

Move your body every day. Walk. Run. Dance. Use online exercise videos.



ENDURE

Remind yourself that you can do whatever it takes to get through this. This will not last forever



REMOVE

Remove unhelpful, catastrophic thoughts about unknown future outcomes.
Stay in the present.



REACH OUT

Reach out for help if you need it. You are not alone. Reach out to help others if you can.
We're all in this together.

