



Constant
LOVE & LEARNING

COPING DURING CORONAVIRUS: PRACTICES FOR WELL-BEING

name it

Take 5 minutes to do a brain dump. Write about all the messy feelings that have been coming up for you. What have you been thinking? What do you feel in your body and in your gut? Just name it and own all that's real for you right now.

COPING DURING CORONAVIRUS: PRACTICES FOR WELL-BEING

practice loving kindness

Spend time lovingly accepting all that is real for you. Talk to yourself the way you'd talk to a best friend or a child you love dearly.

For example, you might say, "I'm having a hard time and that's okay. Most everyone is having a hard time right now. What I'm feeling is normal. I'm here for you. I love and accept you just as you are."

For more ideas, you can head to my blog and read [Quick Self-Compassion Practices to Build Resilience in Educators and Children](#).

COPING DURING CORONAVIRUS: PRACTICES FOR WELL-BEING

*curiously consider what's
in your control*

All your feelings you've written about are valid. And for any of your worries, curiously consider which parts of your worries are in your control and which are beyond your circle of control. Write it out.

IN MY CONTROL

NOT IN MY CONTROL



COPING DURING CORONAVIRUS: PRACTICES FOR WELL-BEING

bravely take steps

Let's think about some steps you can bravely take to feel some relief, within the areas that are in your control. Write down your ideas to take care of yourself, what resources and support you need to manifest these steps, and when you'll incorporate them.

BRAVE STEPS

HELP &
RESOURCES
NEEDED

WHEN?
WRITE IT
DOWN

1.

2.

3.

4.

COPING DURING CORONAVIRUS: PRACTICES FOR WELL-BEING

feeling helpers

Because of things beyond your control, emotions might run high right now. You can take steps to release energy around things beyond your control and to respond, rather than react, to your big feelings during this time. Things that could help might be practicing mindfulness, self-compassion, grounding exercises, creative outlets, connecting to your spirituality, talking to a loved one, and more. For more ideas, you can grab my free [Educator Self-Care Menu](#), which includes ideas for anyone supporting children.

What are your top choices for practices that can help with your feelings right now?

What do you need to be able to manifest these practices?

If you're interested in getting support with simple and customized solutions for your self-care, so you can better care for the children in your sphere, [click here](#).

To explore more support through educator well-being, social and emotional learning, and coaching and consultation, visit www.constantloveandlearning.com



Constant
LOVE & LEARNING