

How to manage and adapt during COVID-19

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There are no words for what we are all going thru at this time. We are all grieving the loss of someone, life as we knew it just a short two months ago, and uncertainty for the future. Although life is often not fair, and definitely uncertain, it does not have to be a roller coaster of emotions. It can be a time of growth, internal reflection, and new beginnings. It is also your choice! It is your choice how you choose to react to anything and everything. We may not have a choice for our current situation, but you have the choice on how you choose to respond to it at any given time.

How? You ask? Because how we think, is how we feel, how we feel, is how we act/behavior. So, when you change how you think, that automatically changes how you feel, and that automatically changes how you act/behavior. So, you really only have to do one thing-change how you are thinking in the moment. The fastest way I know how to change how I am thinking is to get into an attitude of gratitude. I know it sounds “corny” but it works!

Struggling with thinking of things to be thankful for? Help yourself by listening to Gratitude Affirmations on You Tube. In order to be able to come up with positive thoughts and gratitude, we need to put positive thoughts/affirmations into ourselves. One way is by listening to positive affirmations, guided meditations on You Tube. It takes seven positive thoughts to erase one negative thought. We have to have more positive than negative thoughts going in, so that positive can come out when you need it most.

Another very important thing we need to remember during this time, is to recognize what we have control over and what we do not have control over. That cuts everything in half, so we do not waste our time or energy on things we do not have control over, like how other people react, what they say or what they do. So we only have to focus on what we *do* have control over at any given time; And that is how you *choose* to think and respond to people, situation and circumstances.

Remember the Serenity Prayer? “Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference”

How do you respond in a healthy way in the moment? Practice your deep breathing in the moment. Inhale-count to four, hold your breath two seconds and exhale all the way out on the count of four-the slower the better. Do this as needed throughout the day but especially in moments of high anxiety/stress. The more you are able to be mindful in the moment, the better you are able to respond appropriately.

Another technique that is helpful to practice often to help when feeling overwhelmed or anxious is “grounding exercises” wherever you are in the moment-get into your five senses-(see, hear, smell, taste and touch) what are five things you can see? What are four things you can touch? three things you can hear?, two things you can smell and one thing you can taste? This can be done inside or outside.

You have the power to choose how you think, feel and act by how you choose to think, will it be positive? Or negative? The choice is yours.

I hope this article was helpful and empowers you to choose positive thoughts of gratitude and peace in the days to come.