

## Mindset Shift During a Pandemic

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, this will significantly DECREASE my chances of getting sick

I will run out of items at home during self-isolation → I have prepared for this and I will use my items wisely. I have everything I NEED for now

Everything is shutting down, I'm panicking → The most IMPORTANT places, such as medical centers, pharmacies and grocery stores, remain open

There is too much uncertainty right now → While I can't control the situation around me, I CAN control my actions. Doing breathwork, calling loved ones, getting enough sleep and proper nutrition, prayer, and doing activities I love at home will all help during this time