

Example Reality Check

Fear: infection from Covid variant

“Worst case” scenario?

I will end up in hospital on ventilator

I might die

“Best case” scenario?”

I remain healthy

“Middle ground” scenario?

I get sick, but symptoms are not serious enough to go to hospital

At home in bed for several weeks

Unable to work / make meals etc

What is the realistic chance of ...

Worst case scenario < 5 %

Best case scenario > 80 %

Middle ground scenario < 15 %

Example Action Plan

What can I do now to prepare for ...

“Worst case” scenario

Write an advance directive to state my wishes about medical care, and who can make medical decisions for me

Prepare my will

“Best case” scenario

Take necessary health care precautions

Healthy diet / exercise / sleep schedule

Focus on what I can control vs fear

“Middle ground” scenario

Make sure I have a family doctor plus someone who could help care for me (check on me, make meals, etc)

Check out work sick leave policy

Stock up groceries / supplies

Download this booklet and other resources at

QuirkyResource.com

Developed by Dr. Norman (Psychologist)

InsightPsychological.com

Help !!

I'm Feeling Anxious



Fear and anxiety are natural alarm systems

They warn us of danger, and activate the body, mind, and feelings – preparing us for action

STEPS TO STABILITY



This booklet has practical tools to help you:

- Identify signs of an “alarm”
- Calm your mind, body, and feelings
- Do a “reality check”
- Create an “action plan” to face threat

Body – Signs of an “Alarm”



RACING HEART



SHALLOW BREATHING



TINGLY OR TENSION



FIDGETY



BUSY-BEE

Tools to Help Calm the Body



EXERCISE OR GO OUTSIDE



HEALTHY EATING



A ROUTINE & VISUAL SCHEDULE

Set up a routine with structured times to wake-up, eat, exercise, sleep

Use phone alarm or reminders

Thoughts – Signs of an “Alarm”



CONSTANT THINKING & WORRY

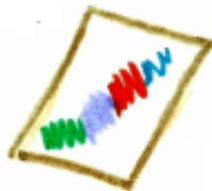


OBSESSING



SELF CRITICAL OR TRY TO FIX OTHERS

Tools to Help Calm the Mind



JOURNAL

Keep track of triggers, daily mood / energy level, what “worked” for you



LEARN

Learn a new skill, research strategies, and read about others who overcame problem

2+2=5
REALITY CHECK

What is the realistic chance of the “worst case” scenario?

What is the “best case” scenario?

What is the “most likely” scenario?

What is your action plan for each option?

Feelings / Social – Signs of an “Alarm”



LOSS OF JOY



GUILT



ISOLATE

Tools to Help Calm Feelings



LISTEN TO MUSIC



MUSICAL INSTRUMENT OR SING



DRAW



SPEND TIME W/ FRIENDS OR FAMILY



JOIN A GROUP



GRATITUDE

What positive things are still in my life?

Can I reach out to someone in a worse situation than me?