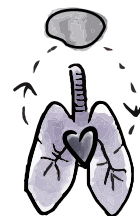


EMOTIONAL WELL-BEING

The ability to express feelings, enjoy life, adjust to emotional challenges, and cope with stress and traumatic life experiences* during COVID-19

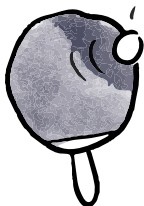


Mind-body techniques; breathing for stress reduction (e.g. [Heart Rate Variability apps](#); [HRV4Training app](#); Kathy Somers' [website](#)).



Write your own [gratitude letter](#). Learn more about gratitude from [Mindful](#).

Gratitude ping-pong – with a partner, take turns saying things you are grateful for, trying not to repeat answers, for 5 minutes. note how you feel afterward!



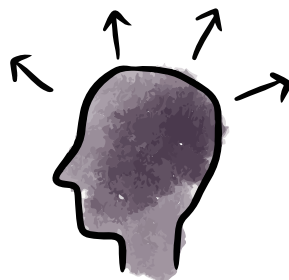
Journaling for [well-being](#).



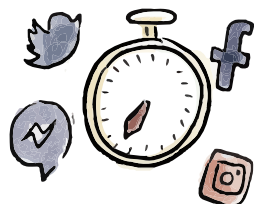
Books (e.g. Neil Pasricha's "[You are Awesome: Navigate Change, Wrestle with Failure, Live an Intentional Life](#)"; Humble the Poet's "[Things No One Else Can Teach Us](#)"; Gary John Bishop's "[Unf*ck Yourself: Get Out of Your Head and Into Your Life](#)"; anything by [Brené Brown](#)).



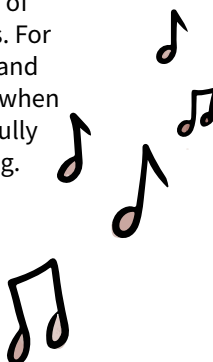
Meditation apps (e.g. [Headspace](#), [Calm](#)) or websites (e.g. [Centre for Mindfulness Studies](#), [The Awake Network](#) has a great list of free meditation resources).



Be mindful – there are lots of ways to practice mindfulness. For example, try being present and paying attention to your pets when you pet them. Or, try to be fully present when you're eating.



Setting a daily media / news limit to avoid feelings of overwhelm. Ask a friend to notify you if you're worried about missing something important.



Listen to your favourite music or enjoy a [live stream of a virtual concert](#).



Self-compassion: recognize that we can't do everything we are used to doing; recognize that we are all in the same situation and it is okay; treat ourselves with kindness (speak to ourselves as we would speak to others). Check out [Dr. Kristin Neff](#) for self-compassion exercises, including a [free video series](#).

* [Swarbrick and Yudorf, 2015](#)