

# WELLBEING ORIENTATION FOR UNCERTAINTY AND STRESS IN THE TIME OF COVID-19

**For service providers and frontline workers to use for themselves and the people they are working with**

Don't wait for things with COVID-19 to calm down to use a wellbeing orientation. Now is exactly the time when we need it the most.

**1**

## **INCREASE PREDICTABILITY**

Do what you can to communicate with the people you are working with using as much clarity as you can about what things will look like moving forward—what operations will continue, be suspended, and how you might continue working together.

**2**

## **KEEP ANCHORS IN PLACE**

Identify anchors—small daily/weekly routines that make you feel grounded each day (see: <http://bit.ly/5DWkeyaspects>). Which will be disrupted? What might help smooth things out? For example, if you usually take a yoga class, consider queuing up yoga videos on YouTube to keep that anchor constant so that they're ready to go if you need to quarantine.

**3**

## **IDENTIFY WHAT IS MOST IMPORTANT TO YOU**

What things or people are most important to you? How might a piece of this continue moving forward in the case of quarantine? What needs to be put into place now to make that possible? If you're a service provider or frontline worker, hold space for the person you're working with to share what's important to them—it may be different than you think.

**4**

## **ASSESS TRADEOFFS YOU MAY EXPERIENCE AS A RESULT OF COMPLYING WITH REQUIREMENTS AND GUIDELINES**

How will your social connectedness be impacted? Safety? Stability? Mastery? Meaningful access to relevant resources? Assess tradeoffs beyond basic needs. See this tip sheet for questions to ask: <http://bit.ly/COVIDtips>.

**5**

## **ADDRESS THE TRADEOFFS**

For the most impactful tradeoffs, is there anything that can be added or removed that would alleviate it? Is there something that could be changed in what or how it happens? For example, rather than seeing a therapist in-person, maybe you could Skype.

**6**

## **IDENTIFY WHAT HAS WORKED IN THE PAST**

Many of us have been in situations that are unpredictable and changing. What worked in the past, even just a little bit? What strategies did you use to cope? Were there things you did that made things feel more manageable? What strategies can you use in this time of uncertainty?

