THE CENTER A PLACE OF HOPE

"Who do I want to be during Covid-19?"

FEAR ZONE

Hoard food, toilet paper and medicines I don't need.

I complain all the time.

Transmit my anger and fear related emotions to others

Forward all messages to others

LEARNING ZONE

I stop compulsively consuming things that harm me, from food to news

I start letting go of things that are out of my control

I identify my emotions

I make myself aware of the situation and think about the best way to act

I verify information before I share it

I acknowledge everyone is trying their best

GROWTH ZONE

I think of how I can help others

Use my skills to service the ones in need

I show empathy to myself and others

I practice calmness, patience, relationships and creativity

I keep myself emotionally happy and transmit hope

I show gratefulness

I live in the present and focus on the future

I find ways to adapt to changes

If you or a loved one is in need of support, we encourage you to reach out to us by calling (888) 771-5166 or visiting us online at aplaceofhope.com