

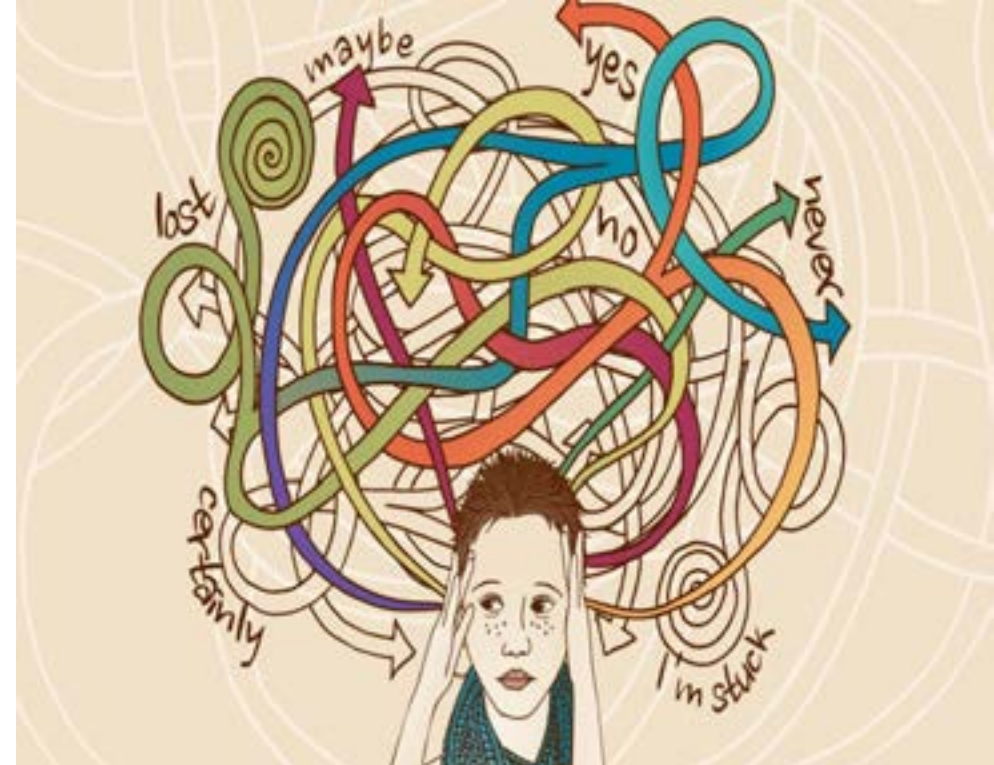
My Guide to Coping with the Coronavirus

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RELAX YOUR MIND & BODY



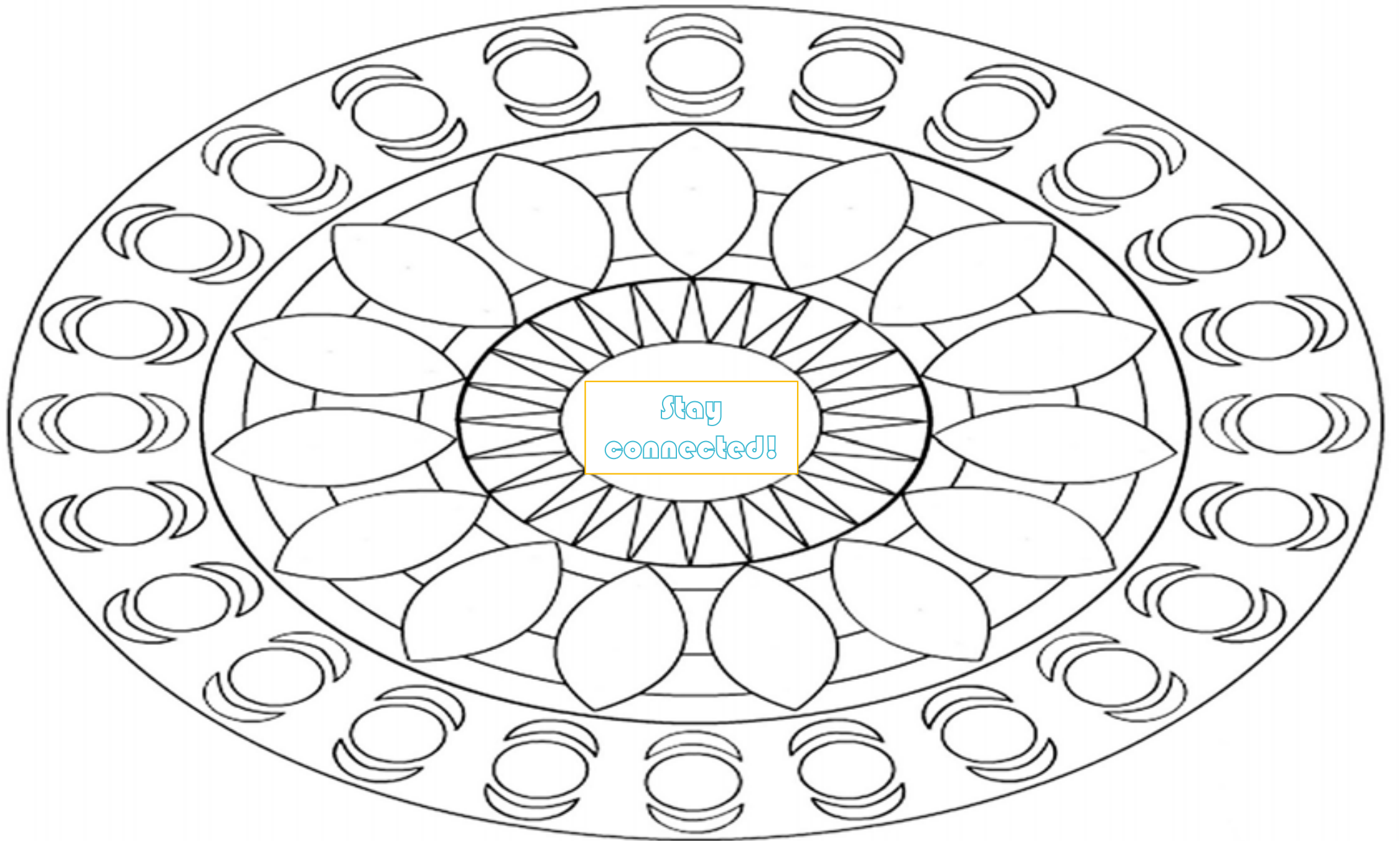
Approaching our emotions
with a curiosity
about what they have to say
and teach us is pivotal in both
treating ourselves
with compassion
and coming to our own aid
when distressed.

**Do you have
worries and
concerns?**



**We can use
coloring to visit
with these
feelings to
understand the
stories they are
telling us.**

Communicating with
loved ones or friends
can also help you
reduce stress



Stay
connected!

Pay attention to mixed-up thoughts or ideas that come to visit, such as: "I'm going to die" "This will never end" "This is the most horrible thing I've ever experienced"

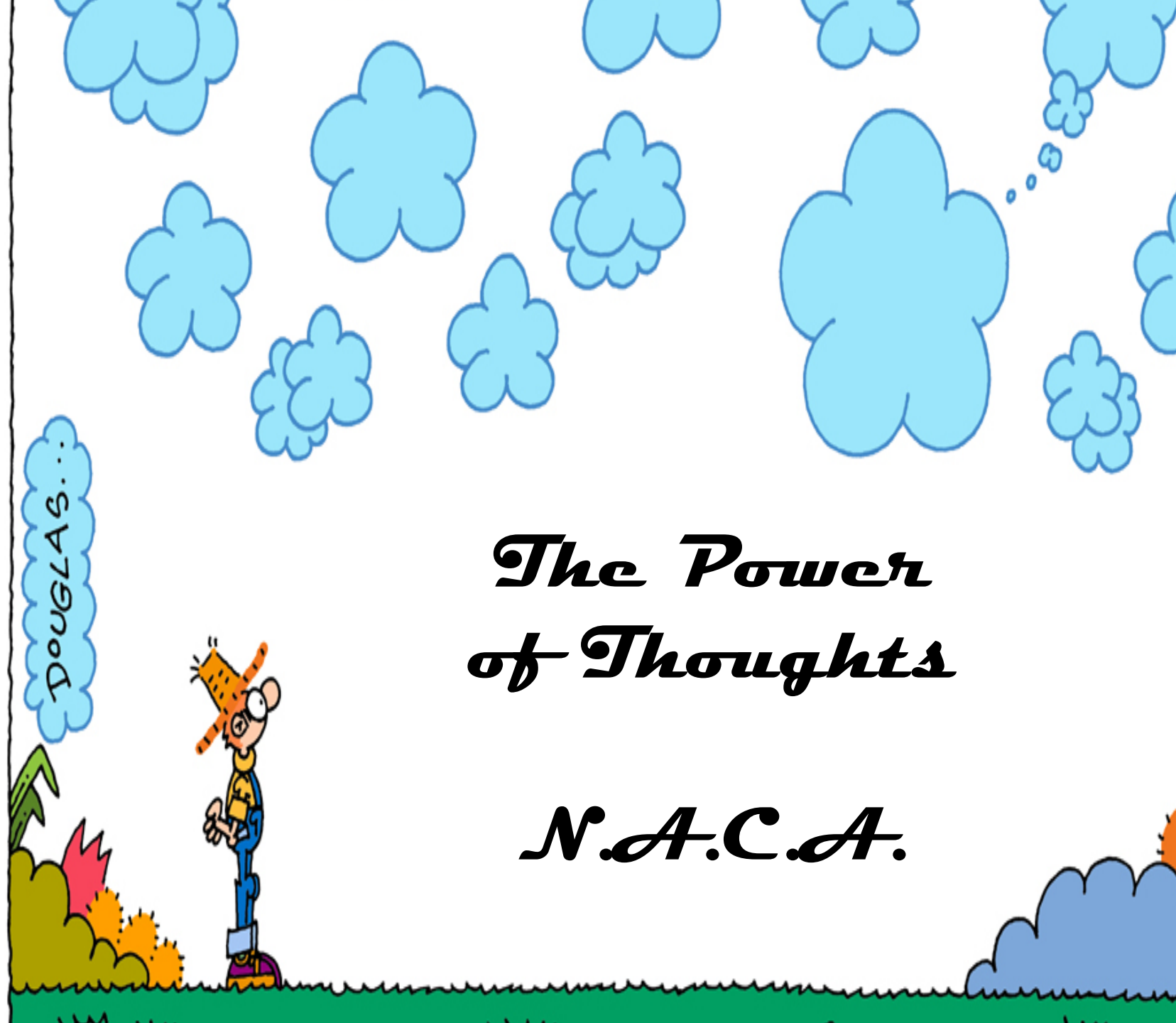
What can you do?

Notice - your thoughts .

Acknowledge- acknowledge the thoughts you are having.

Curiosity - check if your thoughts are balanced and fit the situation and be curious about the story they are trying to tell.

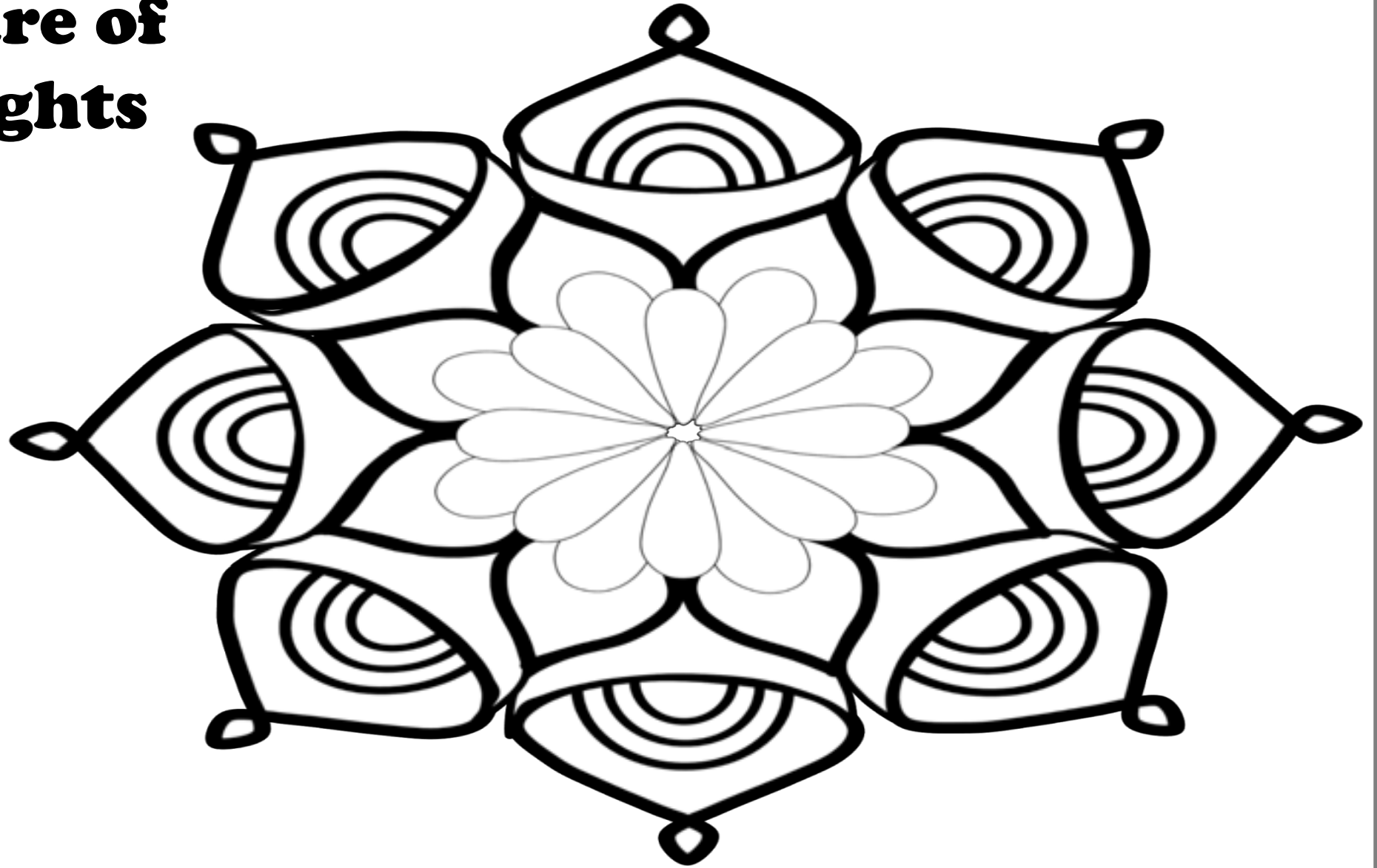
Acceptance – hear the story, offer support to the thoughts inside that feel mixed up, and offer alternative thoughts that make you feel calm and over which you have control.

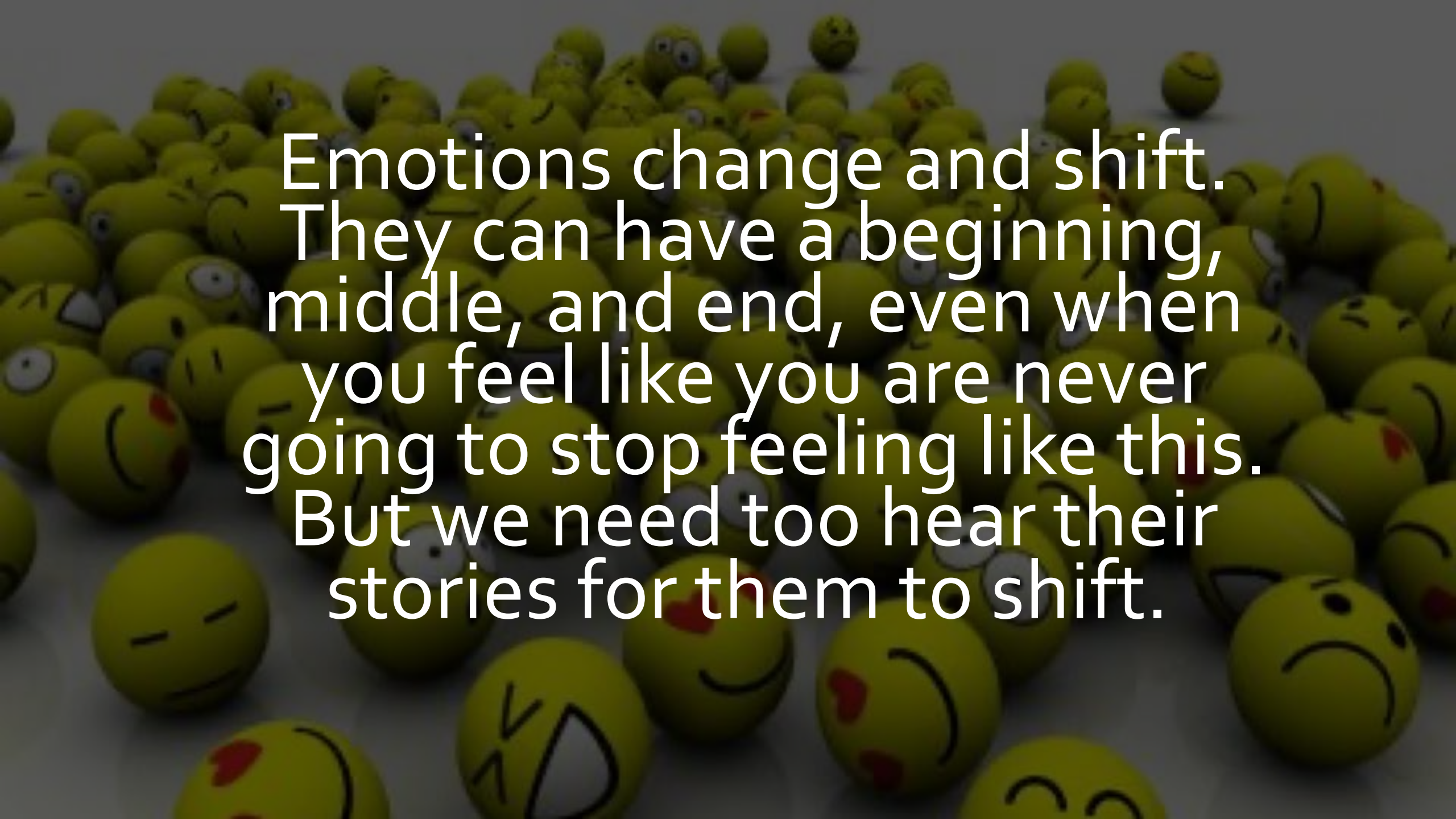


The Power of Thoughts

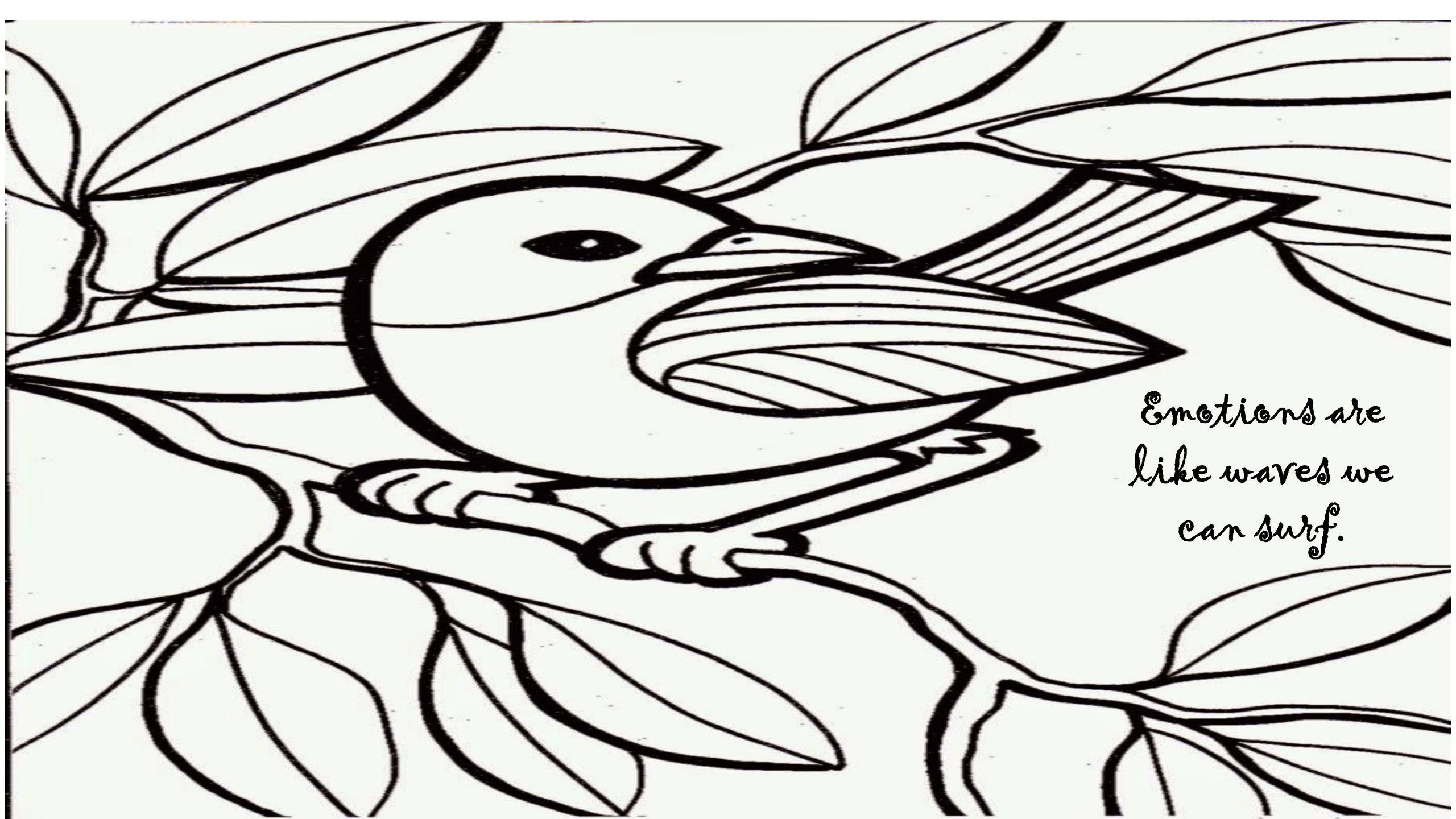
N.A.C.A.

**Taking care of
our thoughts**



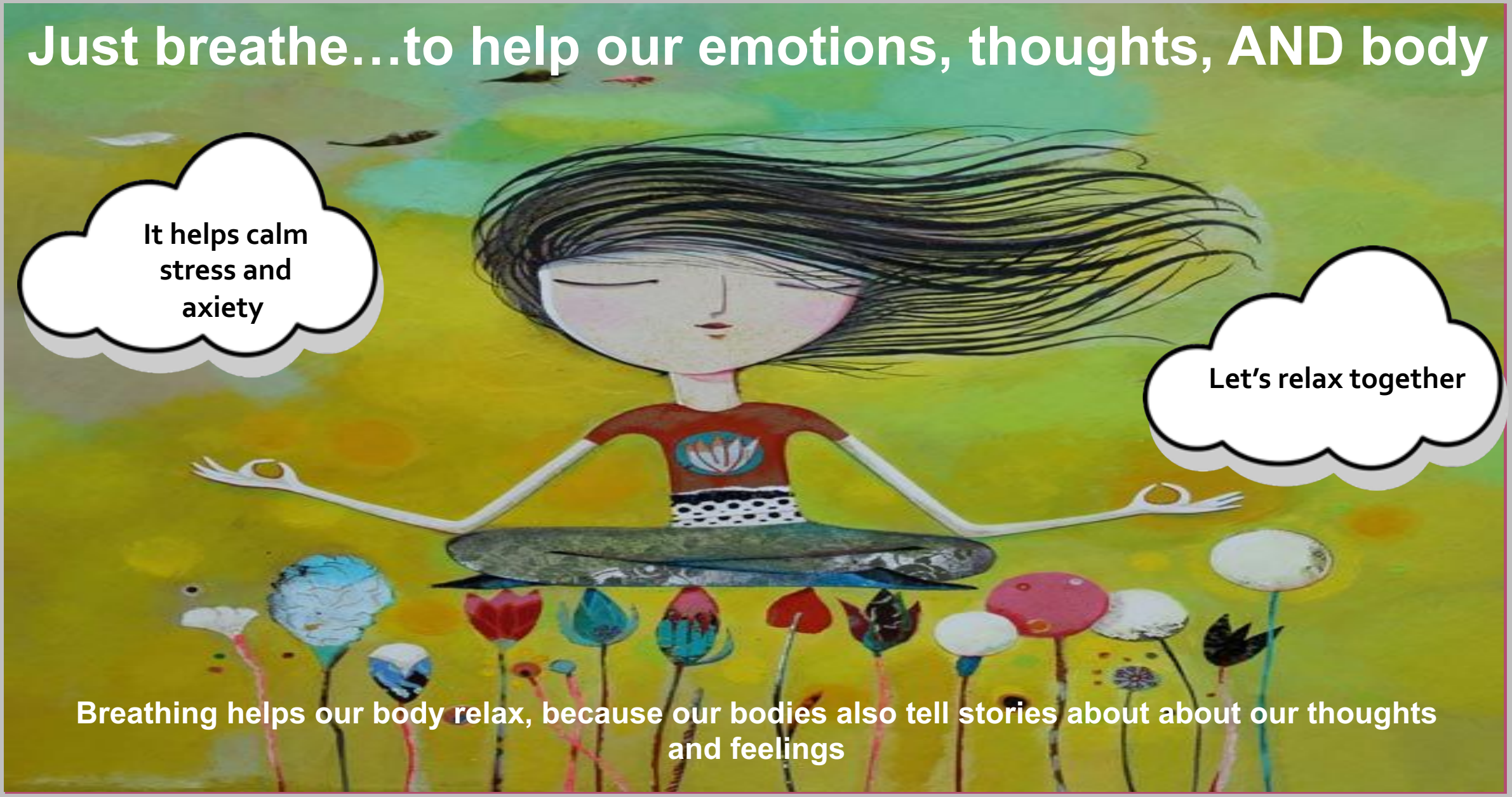


Emotions change and shift.
They can have a beginning,
middle, and end, even when
you feel like you are never
going to stop feeling like this.
But we need too hear their
stories for them to shift.



Emotions are
like waves we
can surf.

Just breathe...to help our emotions, thoughts, AND body

A stylized illustration of a woman with long, flowing black hair, eyes closed, and a serene expression, sitting in a meditative lotus position. She is wearing a red t-shirt with a white lotus flower design and a black and white patterned skirt. Her hands are resting on her knees with palms facing up. The background is a soft, painterly landscape with a green and yellow sky and a field of colorful flowers (red, blue, white, pink) in the foreground. Two white speech bubbles with black outlines are positioned on either side of the woman. The overall style is whimsical and artistic.

It helps calm
stress and
anxiety

Let's relax together

Breathing helps our body relax, because our bodies also tell stories about about our thoughts and feelings



Just Breathe