Creating a Healthy Mindset during a Pandemic

It's normal to have negative thoughts that pop into our minds, especially when in the midst of a pandemic. When we simply accept the original negative thoughts and believe them as being true, our anxiety grows. Instead, by practicing balanced and accurate ways of thinking, we can create more healthy thoughts and in turn calm our emotional reactions.

I get to be safe in my home. I can stay active by starting projects, regularly exercising, and finding other ways to connect.

There's nothing I can do to stop it. I'm going to get sick.

I've got to buy extra. I just know that I will run out of items at home during self-isolation.

Everyday is going to be a pandemic day.

There is too much uncertainty right now.

Our healthcare systems are going to be overwhelmed.

I can't see my loved ones.

Experience tells us that healthcare systems struggle during a pandemic. However, I can take active steps in reducing the burden on our healthcare systems by using physical distancing, good hygiene and only going to the hospital when medically indicated.

Even though I can't see my loved ones due to the pandemic, there are still many ways I can stay in touch with them, including phone calls, FaceTime, Skype, Zoom, What's App, Marco Polo.

I don't know what I'll do if I can't see my mental health provider.

Across the mental health field, healthcare providers are rapidly initiating telehealth services. I can reach out to my mental health provider to access services.

During a pandemic, a large number of people will be asymptomatic carriers of a virus and most of those who are symptomatic are expected to fully recover.