



- Sensations**
 - This is called self-soothing
 - Squeeze a stress ball or a cuddly toy
 - Hold your face and wrists under really cold water, or hold a very cold can against your face/wrists
 - Buy a set of cheap fairy lights and wrap them around your bed
 - Listen to relaxing music
- Thoughts**
 - Our minds can only focus on one thing at a time
 - Do a puzzle/word search or crosswords
 - Deep breathing while counting
 - Take off 7 so 100-93-86...
 - Imagine a purple bubble around you
 - space and no one can get into it
- Pushing away**
 - Denial, Denial, Denial...
 - Block thoughts and images from your mind
 - Refuse to think about something painful ("I am so not going to think about this now")
 - Deny the problem for a moment ("not happening")
 - Listen to emotional music (e.g. sad/angry/relaxing etc.)
- Emotions**
 - Do something that causes you to feel a different emotion
 - Watch funny videos or movies on your phone
 - Listen to emotional music (e.g. sad/angry/relaxing etc.)
 - Compare how you are feeling now with when you felt differently
- Comparisons**
 - Emotions change all the time
 - Compare how you are feeling now with when you felt differently
- Contributing**
 - This gives you a feel-good feeling
 - Make or do something nice for someone else
 - Focus your attention on a task you need to get done (e.g. tidying your room, re-arranging the furniture)
 - Clean your room
 - Play a game on your phone or watch a movie
 - Do an activity (e.g. coloring, play cards)
 - Do Word Searches
 - Listen to music
- Activities**
 - Our mind can only focus on one thing at a time
 - Focus your attention on a task you need to get done (e.g. tidying your room, re-arranging the furniture)
 - Clean your room
 - Play a game on your phone or watch a movie
 - Do an activity (e.g. coloring, play cards)
 - Do Word Searches
 - Listen to music

Coronavirus COVID-19

Coping with the emotional impact of Coronavirus

Right now we are living in a scary time. If you feel anxious, overwhelmed or stressed with the Coronavirus, use this booklet and distract yourself using this booklet.

Simply print this A4 sheet and fold it in half and then half again to have your pocket-size booklet.

A service offered to you by
Dublin Simon Community Sure Steps Counselling

Ring 1800 844 600 for support

Weekdays: 8am-10pm
Weekends: 4:30pm-10pm



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Coronavirus COVID-19

Distracting with Wise Mind ACCEPTS

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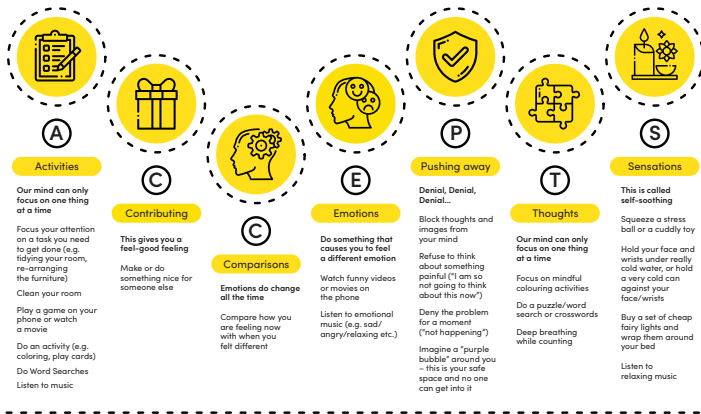


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Coronavirus COVID-19

Distracting with Wise Mind ACCEPTS



Pg 2-3 (Middle)

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Please text DUBSIMON to 50300 to donate €4 to Dublin Simon Community and help the most vulnerable survive this crisis

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