

Relaxing to CHANGEpain: COVID-19 Reflection

The current COVID-19 pandemic has altered our lives in unprecedented and unexpected ways. This reflection will help you understand what habits will best support you through this challenging time.

You can write down the answers to these questions or talk about them with someone.

Reflecting on your lifestyle...

- How has your life changed in big ways?
- How has your life changed in little ways?
- What changes do you think about most often?
- How have your day-to-day habits changed?

Reflecting on your feelings...

- Are feelings of grief arising?
- Are feelings of gratitude arising?
- Are feelings of fear or anxiety arising?
- Are feelings of loneliness arising?
- Are feelings of anger arising?
- What other feelings are coming up? What feelings have been most salient for you during this time?

Reflecting on your thoughts...

- What new worries do you have?
- How have your day-to-day thoughts changed?
- What are you thinking about that you've never thought about before?
- Is there anything else different about the way you are thinking?

Reflecting on your challenges...

- What new challenges are you facing?
- Has anything become easier?
- Have any challenges become harder?

Reflecting on your resilience tools...

- What are things you do to lift your spirits?
- What supports your overall well-being?
- Have any tools been taken away?
- What tools do you still have?
- What tools are you using?

Building your resiliency plan.

First, remind yourself: I am doing something hard, and it's going to feel hard a lot of the time. Let go of the expectation that it is supposed to be easy.

From your reflection above, what habits do you believe will make you more resilient in the face of these challenging times?

Once you've identified the habits you want to have, move on to the readings on successful habit change to make a plan for developing these habits.