



Focus on What You Can Control

We had no idea our world was going to be turned upside down by COVID-19. Worry, isolation, loneliness and anxiety are part of our collected experience. Work and personal life is not normal right now and many of our recreational joys have been postponed. Coping skills that people once used on a daily basis might not be available right now.

With uncertainty about the country's health and economy, it's important to focus on what we can control, including:

- 1. Follow the guidelines.** Following the Centers for Disease Control and Prevention, Lake Regional Health System and state recommendations for protecting ourselves and our patients from COVID-19 exposure is important.
- 2. Monitor your media consumption.** Balance your news consumption with activities you enjoy, such as reading, cooking, listening to music or exercising.
- 3. Get some sun.** Exposure to light can improve symptoms of depression and anxiety.
- 4. An attitude of gratitude:** For 30 seconds or more, focus on something you appreciate. This can rewire our brain to be less stressed and happier.