

COVID-19 PLAN: Coping with C.H.A.N.G.E.S.

C

CONNECT:

Who are your go-to people to connect/get support from during this time? Who is the person you can contact if you need a good laugh - 'your comedian'? _____
'your validator/comforter'? _____
'your problem solver'? _____

H

HAPPY:

What are 4 go-to things that lift your mood/make you feel Happy?

1. _____ 2. _____
3. _____ 4. _____

A

ANXIETY:

What are 4 things you can do that help ease your Anxiety?

1. _____ 2. _____
3. _____ 4. _____

N

SAY NO:

What are things that you know make you feel worse in this situation that you want to put on your NO list?

G

GOOD MOMENT/JOB:

What was a good moment in the day?

E

EMPATHY:

Why is how you are feeling OK right now?

S

SLEEP:

What time will you plan to wake up and go to sleep tomorrow?

time to wake up _____ and time to go to sleep _____

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