

SURVIVING THE PANDEMIC

SELF-CARE TIPS FOR DEALING WITH ANXIETY

With the Omicron surge, it's easy to let anxiety and other emotions negatively impact our quality of living. Using the FACE COVID acronym could help enrich and support your mental health so that you're able to go through each day grounded and focused on your values. The FACE COVID acronym is based on Acceptance Commitment Therapy (ACT), one of the clinical models used at Compass Health Center and was created by Russ Harris, ACT Therapist & Trainer.

FOCUS

Focus on what's in your control.

ACKNOWLEDGE

Acknowledge your thoughts and feelings, they are valid and important.

COME BACK

Come back into your body and connect to your physical sensations.

ENGAGE

Engage in what you're doing and be present and focused on what you are doing.

COMMITTED ACTION

Use your values to guide your decisions.

OPENING UP

Make room for difficult thoughts and feelings.

VALUES

What do you want to stand for in the midst of the pandemic? What is important to you?

IDENTIFY RESOURCES

Sources of support, sources of joy, sources of understanding.

DISINFECT & DISTANCE

Follow health professionals' recommendations for maintaining your health and safety.

If you find your anxiety or frustration with COVID is getting in the way of you doing what you need to at work, home or school, contact Compass to schedule an intake.

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