How to manage emotions during COVID

1. *Accept what you are feeling.*

When we experience negative emotions, our first instinct is to push these away, however we know that this rarely works. You can see it as a balloon that is being pushed underwater – yes, it can stay down but as soon as you stop pushing, it bounces back up. The same thing can happen with our emotions, so it is important to be non-judgemental and accepting towards the way we feel. Emotions are not bad or good, they all serve a purpose. Accepting feelings allows you to be more present, which is the best way to be in these uncertain times.

1. *Build your resilience reservoir.*

Spend some time reflecting on previous situations when you have felt out of control (similar to how right now feels with Coronavirus) – what helped then? What did you spend your time doing, who did you spend it with? What things were definitely not good for you to do? Being mindful of your strengths allows you to be able to identify them and rely on them when times are tough.

1. *Allow yourself to be human.*

We are facing some very difficult, uncertain times that are requiring us to adapt in ways we did not know we could. Accepting your feelings and keeping in mind that it is a normal human reaction to experience intense emotions to stressful or upsetting events can help you to be less judgemental towards yourself and others.

And above all, remember – every emotion you are currently experiencing is understandable and completely normal!