

DEALING WITH WORRY

Name the worry : Stating what exactly is bothering you helps to contain and limit the worry.

Externalize the worry : Imagine that the worry is something outside your mind and body and you are coping with it.

Worry Time : Fix a particular time of the day eg: 10am to 11am as worry time and tell yourself that you will worry only during this time. If anxious thoughts come at other times, tell yourself that you will think about it later.

Avoid fueling your worry by staying away from news / messages / posts which are about the current situation.



**Remember, most of the things we worry about
do not happen.**



If we must continue to stay together, we must now stay apart.

FERNANDEZ FOUNDATION strongly supports Social Distancing to fight COVID-19