

Four Focuses



1. Focus on Gratitude and Calm

- Value staying calm (it may take a conscious effort) and promoting activities that support your calm and avoiding stimulus that disturb your calm where possible.

2. Focus on Basic Health

- Do some exercise that you enjoy
- Eat foods that support your health
- Access sunshine and fresh air where possible
- Seek adequate rest and sleep
- Do something that helps you to feel good
- Do Something that helps someone else

- If you are challenged in your health seek support.

3. Focus on the Now and Near

- What are you feeling now?
- What needs to be done now?

4. Focus on Facts

- Keep your thinking based on facts you can actually verify (which is often very limited in the initial stages of a crisis).