

# Coping with Changes

*Brought by COVID-19*



## Dealing with anxiety and fear

We are all currently experiencing an unprecedented situation that changes daily. This is causing great uncertainty, and we can get caught up in worries about the future, creating stories about what might happen. Indeed it is difficult to avoid doing this right now! But notice what this is doing to your mind and body. Is it making you anxious and tense?

If you find yourself thinking about disaster scenarios in the future, it can be helpful to remember that these are just thoughts: we don't know what will actually happen. See if you can bring your mind back to the present by noticing the sensations in your body. There are no stories in the body—it is just the felt experience of the present moment. And that can be naturally calming.

So, if you like, try these short practices that can help you let go of some of the worry.

- [6-min \*Being Mindful of Anxiety\*](#)
- [1-min \*Body Breath Integration\*](#)

[Click to learn more about working with your fear and anxiety.](#)  
[Click here for tips on how to put things into perspective.](#)

