

Covid Coping Thoughts

I am important, no matter what.

I have coped with more difficult things than this and I know it will get better.

I feel sad or unhappy, so I need to be extra kind to myself.

This is tough, but so am I!

Not everything will go the way I want, but I will try to be flexible.

It is not that great right now, but it's not the worst either.

Everything will get better sooner or later.

If I stay strong, and reach out for help when I need it, I know I can get through this.