

**Who do I
want to be
during COVID-
19?**

I think of the others and
see how to help them

I make my talents
available to those who
need them

I start to give up what I
can't control

I stop compulsively
consuming what hurts
me, from food to news

I live in the present and
focus on the future

I grab food, toilet paper
and medications that I
don't need

I spread emotions
related to fear and
anger

I identify my
emotions

I am empathetic with
myself and with others

FEAR ZONE

LEARNING ZONE

GROWTH ZONE

I complain
frequently

I become aware of
the situation and
think how to act

I thank and appreciate
others

I forward all
messages I receive

I evaluate information
before spreading
something false

I keep a happy
emotional state and
spread hope

I get mad easily

I recognize that we are all
trying to do our best

I look for a way to
adapt to new
changes

I practice quietude,
patience, relationships
and creativity