

Using A Social Distancing Survival Jar for Adults

What: The Social Distancing Survival Jar is designed to offer ideas on how to cope with unhelpful thoughts and not so good feelings during COVID-19. Find a jar that you can use then cut out the following suggested skills and ideas. Pick one or as many as you want at a time. Try to spend at least 20 minutes exploring what works or what doesn't work for you. And, feel free to add more of your own as you go 😊. This can actually be your forever survival jar as we embrace the new normal.

Here are some guidelines to help in dealing with feelings that one should be mindful of:

- Feelings come and go. They don't last forever.
- You are NOT your feelings and your feelings are NOT you.
- Most people react to get a quick release, but end up feeling guilty or sorry afterwards. Feelings are generally not the problem, negative behaviors or actions are the problem.
- You can create a space between your feelings and actions using effective coping skills and come up with a response that reflects your true intention.

When: There are many ways you can use the Social Distancing Survival Jar. You can use it as a reminder in the morning when you feel neutral and fresh or a couple times throughout the day to keep you grounded. Another time that would be highly recommended is when you are aware that big feelings are coming up. If you look at the feeling thermometer rating scale here, a good time to use the jar is when you are between number 5 and number 7. Most people remember to practice coping skills when it is already too late. That's why the skill doesn't work as well as they had hoped.

Feelings Thermometer

1 = I'm feeling great

2 = I am relaxed and happy

3 = I am cool and collected "I've got this."

4 = I am okay

5 = This is hard, but I am in control

6 = I'm starting to feel uncomfortable

6.5 = I just feel like crying when I watch too much news

7 = I am heating up

8 = I am boiling

9 = I am ready to explode

10 = I am exploding out of control

Do something that makes you warm up and perspire or turn the music on and DANCE away.

Do something silly or wild that you normally don't do. Be safe and creative of course. Just be free and don't criticize or judge yourself 😊

Focus on your breathing and come back to the present moment. Leave your mind alone.

Go with the flow. Trying to figure out what's normal is pointless.

You are NOT alone. Everyone experiencing different degrees of suffering in his/her own way.

Stretch Stretch Stretch. Loosen it up.

Watch clouds, the sun, the moon, or stars and let them take you somewhere new.

Open your heart. Change is not easy for most people, but remember change forces you to grow and can bring new possibilities.

Remind yourself that self-judgement, self-comparison, and too much self-evaluation are your true enemies.

You are human so embrace mistakes, imperfections, and feelings of suffering.

Live life as meaningfully as possible. Drop what doesn't matter. Priority is key.

I am alive. It is something to be grateful for.

If you work from home, focus on setting boundaries between work and home life. Be mindful to not let them bleed into each other.

Feelings don't last unless you react on them.

When you are tired, take a break.

Set a reminder in your phone saying, "I am amazing.", "I am enough.", "I am loved.", or "I am appreciated." It might seem funny to you at first, but this is one way to rewire your brain.

You always have more than one choice if you open your heart and listen more.

Communicate often! Even though you wish people could read your mind, it is rare that it will happen. Don't waste your time waiting for people to understand what you haven't said out loud.

Don't let the past or future take away any precious moment. Come back to your breathing.

When you are able to be vulnerable, good things can happen.

Allow yourself to get out of your comfort zone and let courage surprises you.

You are loved and deserve to be taken care of. Let people help you.

Avoid things or people that make you upset.

Start a gratitude journal and write at least one thing a day.

Make sure you get some exercise each day.

Start a list of things, memories, or activities that make you happy?

Try to unplug from the news, emails, and social medias for a few hours during the day.

Try to incorporate relaxing bedtime routines to help you wind down.

It is perfectly fine to cry.

Take a power nap during the day.

Ask for a hug for at least 6 seconds at a time.

Have a glass wine or a cup of tea and enjoy alone time reconnecting with nature or watching birds outside.

Fake commute by going out for a walk before work and listen to audiobook, read, or practice walking meditation before you start your day in the office.

Be curious about your thoughts, feelings, and behavior patterns. It might give you some clues about what is going on with you.
