

Here are 4 Ways You Can Immediately Start Taking Your Thinking Under Your Control

Keep Your Emotions in Check

Coronavirus has our brains pinging on “future threat,” driving global anxiety and shared fear. Stay calm and work to keep your emotions in check, particularly anxiety, which will take center stage. Work to catch those anxious thoughts before they spiral, and reframe them into more realistic, probable outcomes.

Check out [Trap it, Map it, Zap it](#) in meQuilibrium for guidance on this proven, powerful technique.

Remain Realistic

People will begin to catastrophize in this extreme situation. It’s a natural response that’s rooted in self-preservation. But when you focus on the worst-case scenario, you allot the majority of your energy to worrying about something that hasn’t actually happened yet. At the same time, there may be other possible outcomes and choices at your disposal that you’re not seeing. Complete this sentence out loud: “I’m afraid that _____.” Is it a realistic outcome or is it a more extreme scenario that may be less likely to happen? If it’s a real fear, what’s one action you can take right now to feel more in control and less a victim of circumstance? Write it down, schedule it, and do it.

Try the [Play Through the Possibilities](#) activity in meQuilibrium.

Let’s Practice Empathy

While our fear responses may escalate beyond reason, the fear response itself is normal. It’s important right now to communicate—over communicate—and to trust each other. There will be times when we don’t have all the information, and that will undoubtedly foster anxiety for all of us. Communication, relating to each other, and trust will help us. By definition, empathy involves taking the perspective of another, which will help all of us feel less alone in whatever feeling we are experiencing. Let’s try to be candid and supportive about the current situation.

Learn how to [Build Your Empathy](#) in this skill in meQuilibrium.

Adaptivity is Key

Working smart means making informed adjustments based on the information you have. Limit the amount of energy spent on speculation. Use mindfulness to stay in the moment. Remember to breathe throughout the day, and consider taking a moment before your meetings to pause, breath and focus. We can only control today, this moment. Using simple breathing mindfulness techniques or meditation will serve to bring us back to the present, calm the mind, and reduce the high level of stress that we are all feeling now.

Try the [Let Go of Anxiety Meditation](#) in meQuilibrium.

Go to [meQuilibrium](#) for more information on these tips and for much more on how to manage uncertainty and build resilience.