1.) Take time to reflect on feelings
-I feel _________ because __________, therefore I need __________.
“I feel frustrated because I have to work from home therefore, I need to make sure I’m taking good care of myself by taking breaks when I need them.”

“I feel sad because my sports season was cut short therefore, I need to make sure I take time to acknowledge my feelings and find a way to stay connected to my teammates and sport.”

Feeling are good indicators but make TERRIBLE masters.

Sometimes this type of transition can be experienced as a loss. Don’t push those feelings away. Lean into them, validate them and consider what you might learn from them. ¹

2.) Utilize routines
Routine and ritual are vital during this uncertainty. Our brains need predictability and to know what’s coming.
If you don’t have a previously established routine, now is a great time to establish one.
A consistent wake up time, if one’s not required for your current schedule.
Personal hygiene routines, eating meals regularly.

Morning routines are most helpful. Write down your steps and how much time each step takes. If you’re going to stretch, what will you do and for how long? Same goes for studying or exercise. Routines are not a personality issue; they are a matter of will. You either do them or you don’t. All great performers have routines. ²

3.) Focus on the positive
We NEVER wonder if the joyous experiences in our lives will last forever, but whenever things get hard somehow, we believe the misery will last forever.

Reframing negative thoughts can be really powerful. Often times negative thoughts aren’t accurate about a situation.
Negative thought: This isolation is going to last forever and it’s miserable.
Positive reframe: This isolation will eventually be over, and we are also contributing to the greater good by staying home and flattening the curve. It’s important to focus on one day at a time.

If you are like most people you think too much about the wrong things. Thinking harder (ruminating) usually results in inaction. You’ve got to stop ruminating. Rewrite your brain with more solutions and begin to break the negative feedback loop. Challenge your catastrophic thoughts. When you run into something that stumps you, for example, frame it as a question that starts with, “How will I…?” Write those questions down, read

¹ Moore, Bill (2020) Tips for Times of Uncertainty, Colgate Athletics Mental Performance Program
² Moore, Bill (2020) Tips for Times of Uncertainty, Colgate Athletics Mental Performance Program
them once a day. You'll be surprised how much inner wisdom you have available to you if you slow down and listen. ³

Defeating negative thinking:  https://www.youtube.com/watch?v=_XLY_XXBQWE

Empowering healthy thoughts:  https://www.youtube.com/watch?v=vzKryaN44ss

4.) Stay connected and continue create consciousness around you
What are the things I do that bring me joy?
This is a great opportunity to build confidence. How can I continue developing my strengths? What are some weaknesses I might be able to improve on?
Creating compassion:  https://www.youtube.com/watch?v=A4a66aFaIME

5.) Gratitude practice
Each day spend time finding things you’re thankful or grateful for. They can be big things, like stable housing, a refrigerator full of food, being employed. They can also be very simple things like listening for birds in the morning, enjoying a steamy cup of coffee. Find a place to write your list down each day, trying to discover different gratitude daily.

6.) Limit exposure to news channels, articles and information
overload as it relates to any catastrophe, specifically COVID-19 right now. Make sure when you are gathering news that it’s accurate and fact-based information.

7.) Spend time outside
Go on a walk.
If walking trails are still open, explore new ones.
Play the Animal Cloud game
Take a blanket to a park and sit outside (socially distanced from others)

8.) Focus on things that we can control
I can focus just on today; I don’t need to think about doing this for a month. One day at a time.
I can control my attitude and perspective about my current situation.
I can wash my hands, I can follow social distancing guidelines, I can wear a mask in public, I can stay at home per my state’s orders.
A plan or schedule can help ground you and give you footholds. Continue to use your system of planning (if you have an established one, if not see week 2 for establishing routines). Set your priorities for the day and execute around them. This will give you a sense of control around your days and weeks. ⁴
Mindfulness:  https://www.youtube.com/watch?v=w6T02g5hnT4&t=6s

³ Moore, Bill (2020) Tips for Times of Uncertainty, Colgate Athletics Mental Performance Program
⁴ Moore, Bill (2020) Tips for Times of Uncertainty, Colgate Athletics Mental Performance Program
9.) Dedication to family and friends
Commit to connecting with one friend or family member each day with an old fashion phone call or using the technology available to you. If you’re concerned about what to talk about, ask them about old life experiences, memories of you as a young person or a few of their favorite things.

10.) Get professional help if needed
Clinical practitioners are providing telehealth to consumers via any form of technology people have available to them.

Resources:
You also might experience sleep loss, appetite changes or low energy. Seek support among teammates, coaches, friends and family members.

Mediation practice: https://www.youtube.com/watch?v=rqoxYKtEWEc
Sleeping strategies: https://www.youtube.com/watch?v=FuITaDhEtDY