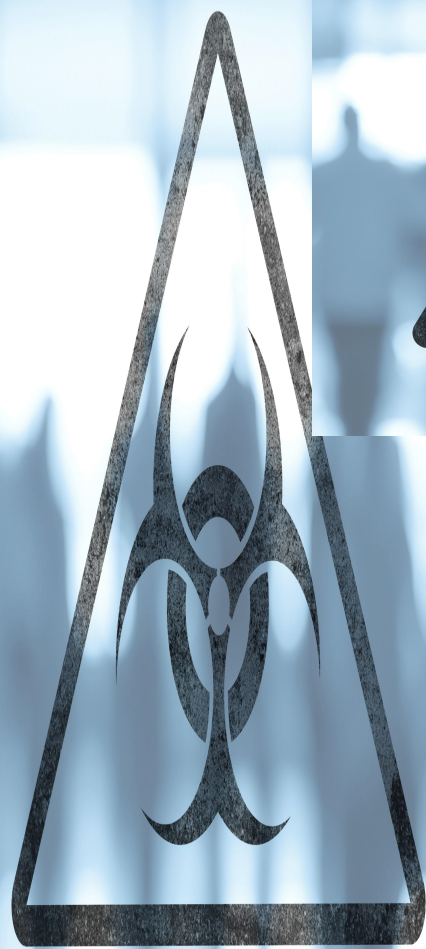


Keeping Cool in a Hot Environment

Part 1



COVID-19



COVID-19



COVID-19



COVID-19



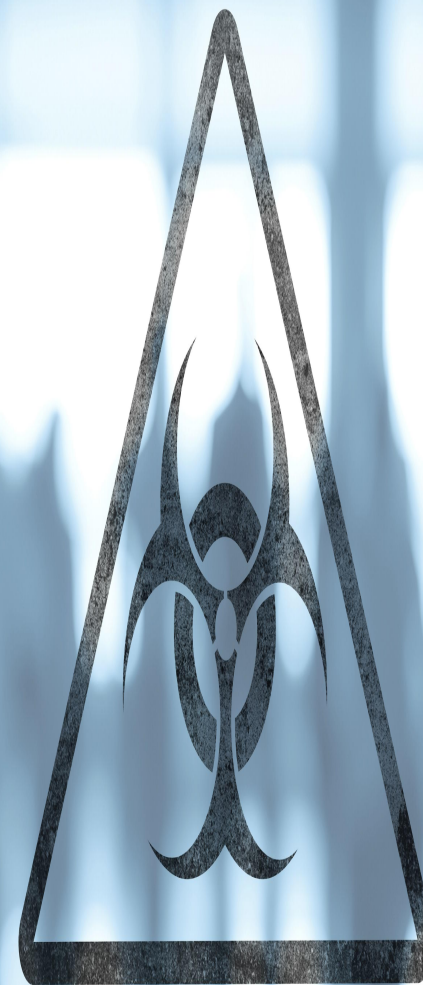
COVID-19



COVID-19



COVID-19



COVID-19

In Any Situation Remember
Life is 10% of What Happens to You
And 90% How You Respond
Fear Levels Are at an ALL Time High
Evidenced by the Pandemic

<https://youtu.be/SQkntcq0jBI>

Fonzie video –cool it!

How to Know Your Anxiety is Effecting You- Symptoms...

- **Poor Concentration**
- **Confusion**
- **Disorientation**
- **Negative Self-Talk**
- **Going Blank**
- **Fixating on one item too long**
- **Careless Mistakes**

You Don't Have to..
...Feel this Way

Its Time to take Back..
...Your Power

**You Don't Have to..
...Feel this Way**

**Its Time to take Back..
...Your Power**

When you take
responsibility
for your thoughts,
feelings and behaviors,
you get your
power back.

Slow Down!

Don't React Immediately

- **Be patient and collect as much information as possible.**
- **Ask yourself, Is this really going to matter a year from now?**
- **If yes, step back to remove yourself from the situation.**
- **This perspective will help you remain less emotional...
...and improve your ability to make decisions.**

Stay Positive

When stressful situations occur...

...your mind wanders

...your thoughts may be negative.

...it will be difficult for you to remain calm

Let go of negative thoughts...

...refocus your mind on something positive

...no matter how small

Never Ask *“what if?”*

- The worst question you could ask in middle of a crisis begins
“What If”
- induces panic and forces you to process situations that have not occurred and may never happen.
- “What if” questions compound the fear and escalate the problem.

Leads to Only More Anxiety

Take Care of Your Body

If you make your personal health a priority...

...you'll be better equipped to handle a crisis.

- Eat a balanced diet, exercise regularly and get plenty of sleep.**
- Exercise lowers the level of stress hormones...
...helps the body function at its highest level.**
- By improving your health, you'll increase your self-control,
memory and emotional intelligence...
...important characteristics that will help you
...respond well to an emergency.**

And Be Thankful...
...God's Got This!