

# FINDING BALANCE

Finding the balance between things we can and cannot control can feel elusive in times of stress. Let us help you refocus!

## THINGS WE CAN CONTROL

- Building resilience
- Following latest guidelines
- Focus on what's important to you
- My information diet
- My routine
- Exercise
- Seeking and offering support
- Focus on what's important to you
- Cultivating connection
- Relaxation

Remember: You cannot stop hypothetical worries from occurring, but you can control your response to them

## THINGS WE CAN'T CONTROL

- Other people's decisions
- Other people's health
- The news
- The government's actions
- Schools opening and closing
- The state of the healthcare system
- Flights and holidays being canceled
- Traffic
- Public Transportation
- Aging
- The weather

# WHILE WE CAN'T CONTROL THE



## WE CAN...



### PLAN OUR INFORMATION DIET

To reduce anxiety, we recommend checking a trusted news source once per day. We also recommend balancing out your information diet with uplifting news sources.

Which news sources will you use and when will you read them? How else can you limit your exposure to anxiety-provoking news (e.g., by doing one digital detox day per week and limiting time on social media)?

### CHECK A TRUSTED SOURCE

We recommend finding and sticking to a credible source you can trust, such as:

- [CDC.gov](https://www.cdc.gov)
- [WHO.int](https://www.who.int)



### TAKE IN THE GOOD VIBES

Check out these good news newsletters.

- [CNN](https://www.cnn.com)
- [The Week](https://www.theweek.co.uk)
- [Good News Network](https://www.goodnewsnetwork.com)
- [The Telegraph](https://www.telegraph.co.uk)
- [GoodGoodGood](https://www.goodgoodgood.com)

### DIG INTO A FEW UPLIFTING STORIES

- [Coronavirus: Creativity, kindness and canals offer hope amid outbreak](#)
- [Positive News Amongst Coronavirus Outbreak](#)
- [Italian 101-year-old leaves hospital after recovering from coronavirus](#)
- [32 Positive News Stories You May Have Missed During The Coronavirus Outbreak](#)
- [Uplifting stories from New York Times](#)
- [Positive News Magazine](#)
- [Uplifting news stories from BBC News](#)

