

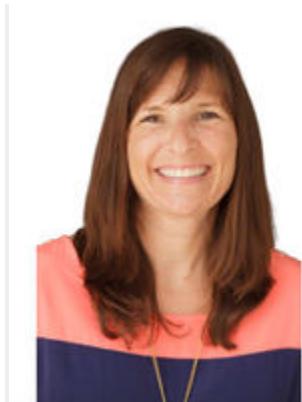
# Staying Calm During COVID-19

How to rebalance your life in an unbalanced time

## Challenge negative thoughts

Chronic stress is often the result of negative thought patterns. Individuals who focus on and replay negative thoughts find the experience to be unpleasant, counterproductive, and in some cases resulting in [depression](#). [Challenging irrational, negative thoughts](#) can allow you to change them by learning how to examine the validity of the negative thoughts and learn how to interpret situations using a different perspective.

## About the Author



[Dr. Amy is a child and adult psychologist and the founder of the NYC group therapy practice, SelfWorks.](#)

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