

# Staying Calm During COVID-19

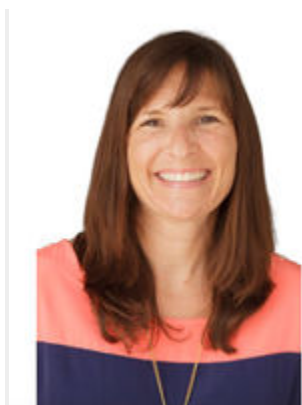
How to rebalance your life in an unbalanced time

## Pay attention to positive events

Picture yourself walking outside on a day where there is a mix of clouds and blue sky. In times of unusual stress, we all have a habit of focusing on the negative — the “clouds” — and missing the blue sky. If we ignore the blue sky, we make things even harder on ourselves.

You want to balance your consumption of “negative” news by reading and attending to positive events. There are always positive things to focus on even in times of great duress. We see fitness instructors giving online free workouts; neighbors lending a hand to elderly individuals; healthcare workers prioritizing the care of others in a selfless manner. And there are little things we can be [grateful](#) for as well: a hot shower, our morning coffee, a smile or text from a friend. If you want to take it a step further, you can be a positive change in your community. Doing something nice for someone else makes us feel good too.

## About the Author



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

Online: [The Now](#), [LinkedIn](#)