

Staying Calm During COVID-19

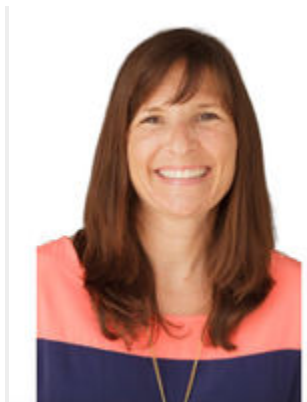
How to rebalance your life in an unbalanced time

Practice a daily mindful activity

The bulk of the [fear](#) attached to anxiety comes from the anticipation of a future threat. Many people will [catastrophize](#) what is coming and have trouble separating assumptions from facts. Practicing a daily mindful activity places a focus on the now and not the future. This is done by separating feelings from judgments and focusing on things that are true and are occurring now, not what might happen.

Pick one thing you do daily and let your senses attend to that one thing — like brushing your teeth or making your morning coffee. When your mind wanders off, bring it back gently to your activity. A daily meditation practice can also help you be more mindful. Tara Brach and Christopher Germer have wonderful free meditations available online. There are also many apps to help you start or build upon an existing practice (Headspace, Insight Timer, Buddhify, Calm). Additionally, you can hear my guided meditations for free on Spotify and Google Play (Unwind: Guided Relaxation, by Amy Vigliotti).

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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