

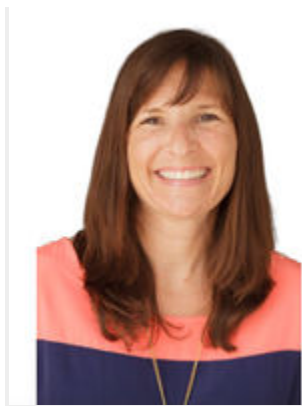
Staying Calm During COVID-19

How to rebalance your life in an unbalanced time

Separate out worries into productive and unproductive actions

Worries can be turned into productive preparations and cautionary behaviors like taking vitamins, stocking up on essentials and food, refilling medications and so on. It is equally important to prepare mentally. You can stock up on your favorite reading materials and calming scents like lavender; make time to socialize through phone, video calls, online gaming; and in your downtime engage in a hobby or interest you enjoy. When you find yourself worrying about something you have no control over and can't convert into a positive preparation, it is helpful to "shelve" that thought, or let it go completely.

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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