The Coronavirus outbreak (COVID-19) has many feeling uncertain and unable to cope. Below are three zones (FEAR, LEARNING and GROWTH) and actions associated with the zones. It’s time for a temperature check.

How are you feeling? Which ZONE are you in? Do you find yourself doing the actions noted across multiple ZONES at the same time? Are you stuck in the FEAR ZONE and need help moving forward?

What do I want to be during COVID-19?

**FEAR ZONE**
- I complain frequently
- I forward all messages I receive
- I get mad easily
- I recognize that we are all trying to do our best

**LEARNING ZONE**
- I identify my emotions
- I become aware of the situation and think how to act
- I evaluate information before spreading something false
- I recognize that we are all trying to do our best

**GROWTH ZONE**
- I make my talents available to those who need them
- I live in the present and focus on the future
- I am empathetic with myself and with others
- I practice quietude, patience, relationships and creativity
- I look for a way to adapt to new changes
- I keep a happy emotional state and spread hope
- I thank and appreciate others