COVID-19 HEALING:

Emotional Healing Map

Thinking
- Mindfulness
- Reframe Negatives
- Look Forward, Not Back
- New Perspective

Emotions
- Value
- Ask For Help
- Acknowledge Not Deny
- Analyze

Communications
- Support Network
- Talk through problems
- Expression
- Creativity

Spiritual
- Values
- Sense of Purpose
- Quiet and Reflection
- Life Goals
- Meaning

Lifestyle
- Nutrition
- Taking Action
- Exercise
- Daily Routine

Physiology
- Breathing
- Observe
- Letting Go

Movement
- Physiological

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"Transforming Hearts, Minds and Actions"