

# Functioning during a crisis



## Pausing & Allowing

All of your emotions/thoughts/bodily reactions including fear, panic, tiredness, crying, anxiety, sadness, anger, or lack of reaction too, are valid, and even expected. This is an intensely difficult & challenging time.

Most of these responses are out of our control and are *normal* reactions to a crisis.

Pause 2-3x times throughout the day, and do the following exercise while noticing your breathing.

- Simply observing what's going on inside you.
- As if your thoughts/emotions /bodily reactions are waves on a beach - varying in strength, size, duration.
- When distracted, gently returning to noticing.
- Allowing yourself to have your thoughts/feelings /reactions - labelling them.
- Breathing, and opening up to whatever you are experiencing.
- Honoring your experience as you would honor a beloved friend going through a hard time



## Doing the next "right" thing, with Love.

It might help to notice that people around us and us ourselves are doing the best we can, under very difficult circumstances. There might not be a "solution" to the problems we face at a given time.

We can focus on what we can do with our actions on any given day. While also pausing and allowing ourselves to feel the hard things we feel.

- Prioritize taking care of yourself - e.g., taking breaks when needed at work
- Express and receive love verbally, in the absence of physical affection
- Do at least 2 things in a day, however small, that bring you joy. E.g., smelling the coffee, or watching TV, or playing a game
- Do something physically active (think small) each day
- Take time to take care, of you.

Source: Acceptance and Commitment Therapy listserv, Montefiore Trauma Informed Care Training