

ONE SLOW BREATH AT A TIME

How to Cope with the COVID-19 Pandemic

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The concept of co-mindfulness refers to bringing our attention, integrity and compassion to our relationships to nurture more love in our lives and to thrive. Our individual growth only becomes meaningful in how it lifts up the lives of others. It's about the healing, happiness and sense of fulfillment that we can experience when practicing mindfulness together. The tragedy of the COVID-19 global pandemic makes this more important than ever. We can practice co-mindfulness to manage our own emotions so that we may help ourselves and others navigate this challenging time.

Review the principles below. Reflect on how mindful breathing can help you manage reflexive reactions to stress.

The 10 Principles of Co-Mindfulness

1. Deep listening
2. Paying close attention.
3. Leading with curiosity not judgment.
4. Letting go of expectations.
5. Committing to the truth.
6. Inviting criticism.
7. Breathing to avoid reacting.
8. Circling back to compassion.
9. Maintaining our integrity.
10. Connecting with love.

1. How has your stress level changed since COVID-19?

2. Have you or a loved one been directly affected by the illness? If so, how did you cope in the moment? How are you coping now?

3. Are you able to step back and observe your reactions when you are feeling stressed and scared?

4. How sensitive are you to feelings of low level stress? Can you recognize them before they become highly stressful? If so, can you take time for a deep breathing exercise at the onset of these feelings?

5. How do the people around you, from loved ones to strangers, react to you when you are in a state of high stress and high irritability? Can their reactions become a reminder to you to step away and center yourself with a few belly breaths?

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GROWING
BOLDER MEMBER
WORKSHEET