

Coping with Uncertainty

A worksheet to R.A.M.P. up your coping skills during the COVID-19 crisis

Reflect on your response

Take time to reflect how you've responded to the COVID-19 crisis. What emotions or thoughts has the crisis triggered? Has anything been especially challenging or scary? What things have helped you feel relaxed or happy in the past few weeks?

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Achieve the basics

The basics are things we must all do to be **happy** and **healthy**, like sleep, proper nutrition, physical fitness and rest. Consider, how your schedule has changed as a result of the COVID-19 crisis. Am you getting enough sleep? Is your appetite the same? What have you had to do differently to take care of yourself?

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Maintain your support system

Support systems are the people we turn to when life gets hard. Being unable to see the people you're closest with can be very difficult especially when you're stressed. Which family members and friends has it been hardest to be away from? Who do you always enjoy catching up with? What are other ways you can stay connected?

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Plan enjoyable activities

Try to find enjoyable things that can be done at home. Check out our blog post: "Seven Ways to Cope with Uncertainty During the COVID-19 Crisis" for ideas for you and your family. Make a list of the ones you'd like to try here:

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