

# For Beth Izedec

## How to cope when you are cooped up.

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# What I can control

My attitude.

My media consumption.

My social distancing.

# What I cannot control

How long this will last.

The actions of others.

Having anxious thoughts.



**Manage your thoughts  
about helplessness and  
hopelessness.**



**Focus on these three areas:**

**Finding joy.**

**Reframing success.**

**Keeping and forming connections.**



# Self-care is NOT selfish.

Try to find some balance through creativity, nature, exercise and spirituality.

**What have you always  
wanted to learn??**

**Seize the opportunity.**



**Plan your day  
and stick to it.  
Structure  
helps manage  
feelings of  
uncertainty.**

The image shows a Gantt chart with a vertical axis on the left representing time in 10-minute increments from 8:00am to 4:00pm. The chart is divided into two columns: 'OP10' and 'OP11'. Tasks are represented by colored bars with labels:

- OP10:**
  - 8:00am - 9:00am: Emergency Plan Follow up (Red)
  - 9:00am - 10:30am: Major 1 - visit (Green)
  - 10:30am - 12:00pm: Filing (Purple)
  - 12:00pm - 1:30pm: Major 2 - visit (Orange)
  - 1:30pm - 2:00pm: Filing (Purple)
  - 2:00pm - 3:00pm: Filing (Purple)
  - 3:00pm - 4:00pm: Major 3 - visit (Orange)
  - 4:00pm - 4:30pm: Counselor Emergency / Follow UP (Green)
- OP11:**
  - 8:00am - 10:30am: Crown / Bridge Seal (Yellow)
  - 10:30am - 12:00pm: New Patient EPR & Comp Exam (Blue)
  - 12:00pm - 1:30pm: Crown / Bridge Seal (Yellow)
  - 1:30pm - 2:00pm: Sealants (Orange)
  - 2:00pm - 3:00pm: Crown / Bridge Seal (Yellow)
  - 3:00pm - 4:00pm: Sealants (Orange)
  - 4:00pm - 4:30pm: New Patient EPR / Comp Exam (Magenta)



# What to do with worry thoughts

Write them down.

Notice the worried thoughts, but do not act or react to them: PIVOT.

***Worrying is not an activity!***

**Helping  
yourself  
focus on  
the now.**

