

# Emotional Wellness

## COVID-19 Crisis Worksheet

*In the midst of uncertainty, we invite you to utilize this tool to consider and pray through the various ways this crisis is impacting you. Follow the prompts below to identify and process your thoughts and feelings.*

*You will notice that some of the prompts ask you to think through where you might access additional support in this season. We know reaching out can be vulnerable and difficult for various of reasons. Our hope is that this tool may help in times when you feel overwhelmed. Please reach out – you are needed and loved. You are not alone.*

### **Stressors**

*List aspects of COVID-19 that are challenging or causing you fear?*

*(Examples: Social distancing, being quarantined, financial hardships, cancelled events and schools, etc.)*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **Grief**

*What are you grieving the loss of in this unexpected season?*

*(Examples: Unexpected loss of income; postponed or canceled events such as weddings, graduations, funerals, sporting events; social activities such as coffee with friends, the movies, dining out, gym/workout classes, etc.)*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **Safe People**

*Name people you can share your stress and grief with in this time of crisis.*

*(Examples: Friends, family, church ministers, a counselor, neighbors, etc.)*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Resources

What are resources you can go to for more support?

(Examples: Tele-counseling, daily podcasts/devotionals, online church services and resources - [www.saddlebackchurch.com/coronaresponse](http://www.saddlebackchurch.com/coronaresponse), worship playlists, online meal plan suggestions, etc.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Self-Care and Activities

What are some new activities you may want to explore?

(Examples: Cooking, going for walks or hikes, reading a new book, listening to a new podcast, taking up a new hobby, trying a new art expression – watercolor, coloring book, embroidery, etc.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Serve

What are ways you can give to others during this crisis?

(Examples: Facetime or call friends, drop off groceries to a friend's doorstep, donate to a food pantry, etc.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Hope

Fill in the blank: "I hope \_\_\_\_\_."

(Examples: To develop new habits, to feel more connected to my neighbors, to enjoy my time at home, to learn how to bake, etc.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*"I am he who will sustain you, I have made you and I will carry you;  
I will sustain you and I will rescue you." Isaiah 46:4b (NIV)*

If you are looking for a way to give or receive help please visit: [www.saddlebackchurch.com/coronaresponse](http://www.saddlebackchurch.com/coronaresponse).

Call 2-1-1 to find help in your area.

If you or someone you know is needing support, please call the National Suicide Prevention Lifeline 24/7 at 1-800-273-TALK (8255) or text HOME to 741-741.