When we are facing a crisis, the first thing that gets negatively affected is our mental wellbeing. This, ironically, is also the first thing that will help us endure and survive the same crisis. So what we need to do is take some time in the day to check in with ourselves.

HOW?

1. Make time in your schedule to sit on your own with a piece of paper and a pen. Establish this time into your daily routine.

2. Divide your page into quarters. In each quarter add these 4 titles.
   - (1) I’m in control of:
   - (2) New/learning experience:
   - (3) Connecting with:
   - (4) Feeling feelings:

3. Now fill the blocks in. Here is some extra guidance if you need.

4. When you have finished have a look over it, take stock of everything going. Maybe you are doing better than you thought in managing in uncertainty. See what’s working for you and do more of that. Mostly, be kind to yourself.

Please share your quarters with us, it will help others see they are not alone.