

Grounding in Uncertain Times

Dear Friends,

We are in a period of time of uncertainty, isolation and change - whilst there are aspects of this global situation that are out of our control (the existence of COVID-19, governmental decisions, financial impact, the need for self-isolation, how others around respond, etc.), there are also a huge number of factors we can manage. Often the feeling of being out of control exacerbates feelings of helplessness, but acknowledging the things out of our control, whilst taking action to focus on things we can change and positive ways to spend our time can immediately help to combat this.

e.g.

- *Rediscovering the many things we love to do, but often do not have time for (reading, arts and crafts, kite-flying, walking in nature, taking a long-luxurious bath)
- *Self-care - whatever this looks like for you...
- *How we respond to others
- *How we interact with social media
- *Not buying excessive toilet paper
- *Finding moments of gratitude and joy
- *Supporting others in the ways we are able

The invitation in this short activity is to brainstorm the factors you can control within the circle on the next page. Around the outside, place the factors out of your control.

Once you have done this, look at the things within your control and choose one that you can implement immediately - something gentle, loving and compassionate. Take a moment to do something lovely for yourself or your family.

This is also a fabulous activity to do with children, not only whilst self-isolating (if this applies to you), but also if they fall out with friends, experience bullying, or struggle academically.... It can also be helpful within a work environment to help a team figure out next steps.

We hope this tool is of some help to you - if it is, please feel free to share it with friends and family as we all find our own ways to offer support, love and connection,

With gratitude and love,

Naomi and Hannah
 GRATITUDE VIETNAM

I can't control

