



How to manage uncomfortable feelings ... they too will pass

Firstly, Dr Russ Harris drafted these resources ; **FACE Covid** to specifically help us manage the feelings of anxiety and fear that the current Covid-19 pandemic might raise in us. It's called 'FACE Covid' and provides very sound advice for those moments when things feel overwhelming. We can view animation guide, infographic or through e-book.

- Face CoviD: <https://m.youtube.com/watch?v=BmvNCdpHUYM>
- Or this infographic: <https://drive.google.com/file/d/1YjGsKTP23PKVP-pSYRbDWvNoSYM47Xg2/view>
- Or look at his ebook here:
<https://drive.google.com/file/d/1MZJybtT9KmiE9Dw9EKvPJs9Ow7gXaMe/view>

See also a guide produced by psychology tools to living with worry and anxiety amidst global uncertainty:

- <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

David Kessler on the feelings of grief that we may be experiencing as we live through Covid-19.

- <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>