**Mindset Shift During a Pandemic**

I’m stuck at home 🡪 I get to be SAFE in my home and spend time

with my family

I will get sick 🡪 I will self-isolate and wash my hands, this will

significantly DECREASE my

chances of getting sick

I will run out of items at I have prepared for this

home during self-isolation 🡪 and I will use my items

wisely. I have everything I

need right now.

Everything is shutting The most important places

down. I’m panicking 🡪 such as medical centers,

pharmacies and grocery stores remain open