

## Living in Strange Times?

Yes we are; and it is not unusual to feel unsure, worried or fearful about the future.

**Fortunately, there are ways we can learn to manage our thoughts to address our feelings of stress.** Not all of our thoughts are facts; many are simply beliefs that we hold.

Here are some ways to work through and challenge your worries and anxious thoughts:

### 1. Start with catching your thoughts.

When you are feeling stressed, stop and write down what you are thinking. These may sound something like "What if ..." or "I'm worried that ..." Write down all your points of concern.

### 2. Challenge each statement.

 For each thought, ask yourself:

- Is this true?
- How do I know it's true?
- Is it 100% true and always true?
- What is the evidence for the thought?
- What is the evidence against the thought?
- Has this ever happened before?
- What actually happened? How did I cope?
- What was the end result?

### 3. Decide if it's worth replaying certain thoughts.

 Ask:

- What does this thought do to me?
- What does worrying about this do for me?
- Is this helping me solve a problem? Or is it keeping me stuck and stressed?"

### 4. Find more balanced thoughts.

 For example:

- I am doing what I can to remain safe
- I can reach out to a friend who may be struggling
- I can make the most of this day I've been given!



*A large Brown Bear ...*



*...breaking into a private pool...*



*...in Revelstoke, British Columbia!*



*Peacocks sitting inside an empty government school in Rajasthan, India.*



## Practical Suggestions for Keeping Calm

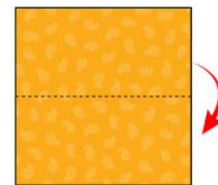
**Limit your intake of daily covid-related news in social media and on television.** Instead, use media to help you see the world in a positive light. Look for documentaries of nature or watch videos of places you may not be able to visit right now—a world of wonder awaits!

**Invest some of your time each day to upgrade your skills!** Find a free online course on YouTube, Coursera or the Toronto Public Library Website and plan out a study schedule. Why not do a course together with a friend or family member?

**Focus on doing what you can.** Drink lots of water. Sleep early. Exercise. Set daily goals for yourself and finish up the tasks you need to do. Stop making excuses!

## No-Sew Bandana Facemasks!

1. Cut a coffee filter as shown. Keep the top part.
2. Fold a square bandana in half. Tip: You may also use a 50x50cm square cotton cloth!
3. Place the coffee filter in the center and fold top and bottom to cover the filter.
4. Slide a rubber band into both ends, about 15cm apart. Tip: You may also use hair ties.
5. Fold the edges along the bands towards the center of the mask.
6. Place the tucked parts of the cloth against your face and pull the bands around your ears.



**Worn properly, face coverings can help you minimize the spread of infectious respiratory droplets.**



Corona Lisa—still smiling :)

## From Your Wigwamen Family

We're all working hard to serve our community well throughout this strange time!

Here - and in the next few issues of this special edition Wigwam to Wigwam newsletter—we hope to share some useful tips and resources to help make quarantine life a bit more bearable.

Please send any thoughts, suggestions or feedback to [atan@wigwamen.com](mailto:atan@wigwamen.com)! Have a lovely day :)

Special thanks to CAMH for Tips on Challenging Worries and Anxious Thoughts (Front Page) and Government of Canada Website for instructions for the "No-Sew Bandana Facemasks" (Page 2). Images: Brown Bear shared by Revelstoke Pool & Spa on Facebook, Peacocks shared by @ParveenKaswan via @SocialChartered on Twitter, Corona Lisa shared by Pauline Macleod on Facebook.

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