

# WELLNESS AND RESILIENCE FOR UNCERTAIN TIMES



AND MY VOICE COUNTS

## Quaranzine



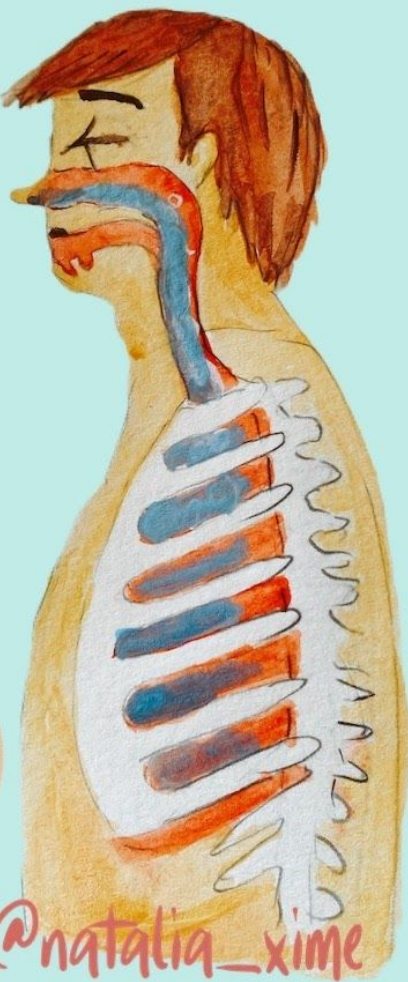
Hola! I'm Pedro.  
Today I'm gonna  
teach you  
a breathing technique  
that I use  
when I feel  
stressed

## BREATHING BENEFITS

Concentration  
Calmness  
Energy

## STEPS

**1** While keeping  
your mouth closed,  
take a deep breath in  
through your nose,  
counting to 2  
expanding your diaphragm



@natalia\_xime



2

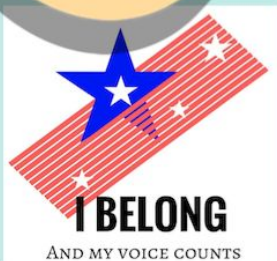
Put your lips together as if you are starting to whistle or blow out candles on a birthday cake.

3

While keeping your lips pursed, count to 4 and slowly breathe out through your mouth.



@natalia\_xime



You can visit or email us  
to find more useful resources:  
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# SIMPLE THINGS TO *Boost your mood*



TRY A RECIPE  
FROM ANOTHER COUNTRY

GET SOME SUNLIGHT  
(IN ANY WAY YOU CAN!)



LISTEN TO YOUR  
FAVORITE MUSIC



DANCE AROUND  
THE HOUSE



CLEAN UP YOUR SPACE  
FOR A CLEAR MIND



@natalia\_xime



SPEND SOME QUALITY TIME  
WITH YOUR LOVED ONES

DON'T FORGET  
TO HAVE SOME "ME TIME"



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# CULTIVATING CONNECTIONS

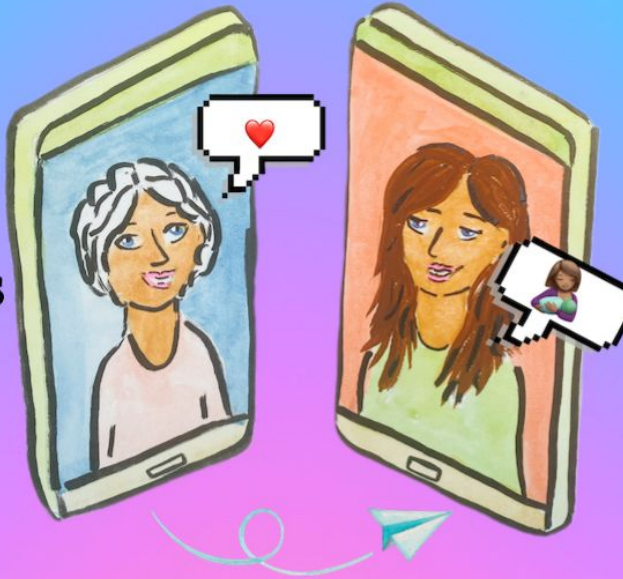
Call your friends  
✎ and family  
with some  
regularity.

✎ Checking in  
frequently.

✎ Plan some activities  
and video calls.



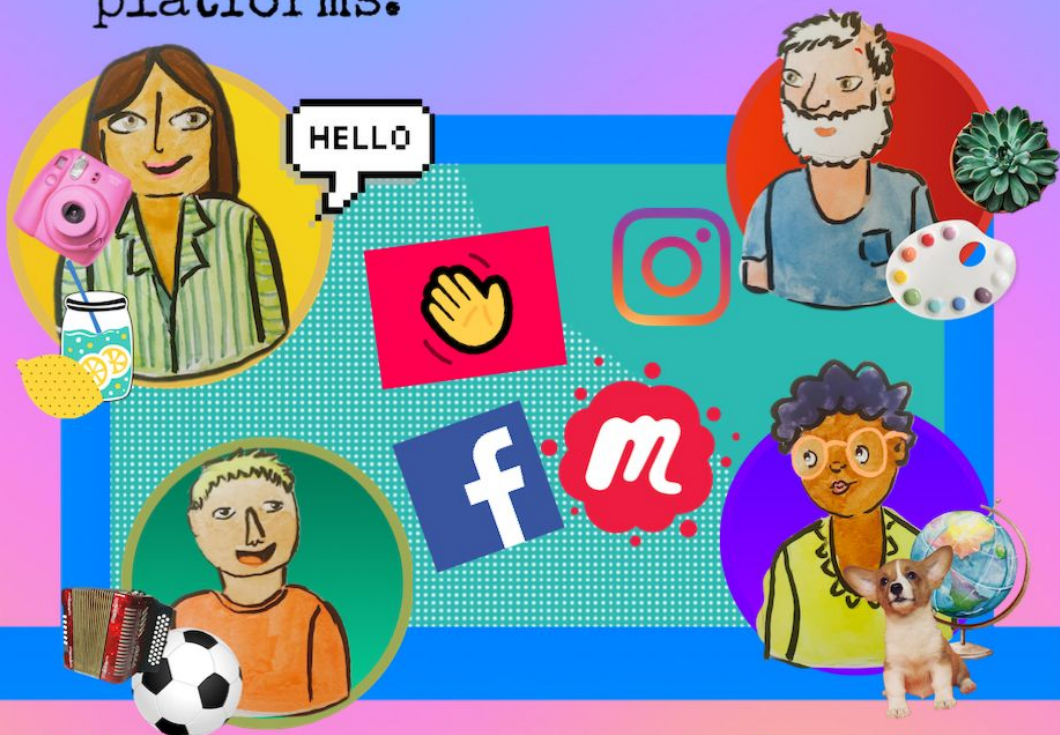
Talk about  
what makes  
both of you happy.





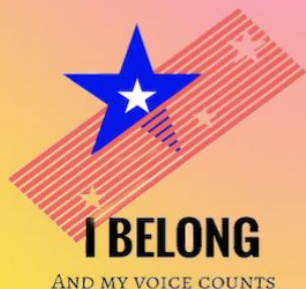
Join virtual  
happy hours,  
game nights and/or  
video games  
platforms.

MAKE NEW FRIENDS  
ONLINE



Find groups on social media  
with interests similar to yours\*

\*Be careful before  
giving any personal  
information on the internet



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# CULTIVATING GRATITUDE

## WRITE A GRATITUDE JOURNAL

Take 20 minutes to write things you are grateful for and the positive feelings you experience throughout the day.

## MEDITATE

sit, walk,  
be present  
with your  
thoughts.

## TRY TO FOCUS ON THE POSITIVE

Focus on the good  
others have done  
for you

## SAY THANK YOU

write a letter,  
send an email,  
call the person that  
made you feel  
good today.

## BE A GRATITUDE HUNTER

Look around you  
every day  
and seek out  
opportunities  
to feel grateful.



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# Working from home SURVIVAL GUIDE

Go to the same designated place on a regular basis

Confine your workspace  
to a specific area  
in your home

## Block the excess noise with noise-canceling earbuds



Consider setting up  
a virtual support group  
of friends and colleagues  
who are also working from home


Avoid cabin fever.  
Go for walks  
while respecting  
social distancing

Try to maintain  
the same hours  
you log in at the office



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Practice a relaxing  
bedtime ritual  
like meditation

# BED TIME RITUAL



Exercise  
daily



If you can't sleep,  
go to another room  
and do something relaxing  
until you feel tired



Have a sleep schedule  
and stick to it every day  
Even weekends!





Keep the room dark and  
temperature between  
60 and 67 degrees



Devices  
purge



Avoid heavy food  
and stimulants  
late in the day



If nothing seems to work,  
find a sleep professional



**I BELONG**

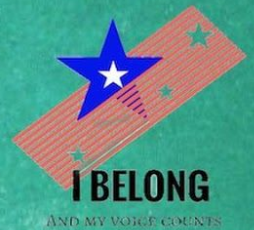
ANxiety & Mood Resources

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# FAMILY CALENDAR



FAMILY MOVIE  
NIGHT



FAMILY MEDITATION  
DAY



TV AND SOCIAL MEDIA  
DETOX DAY



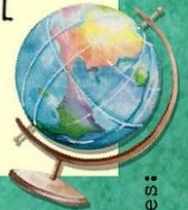
LEAVE SOME NOTES  
WITH POSITIVE MESSAGES  
AROUND THE HOUSE

LOVE U

LET'S DO HOMEWORK  
TOGETHER



FAMILY ABROAD  
VIDEO CALL



BE FLEXIBLE,  
NOT EVERYTHING  
HAS TO BE PERFECT

FAMILY CLEAN UP  
DAY



BOARD GAMES NIGHT



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# SILVER LININGS

We are:

creating real  
and stronger  
bonds even  
at a distance

Learning that  
we can adapt well  
to changes

realizing what is  
truly important  
and essential in  
our lives and  
in society

Learning that our community  
is important and that we need  
to support each other

spending quality time  
with ourselves and  
our families

Taking the time to ourselves  
in a way that now  
we have the opportunity  
to think with a clear mind





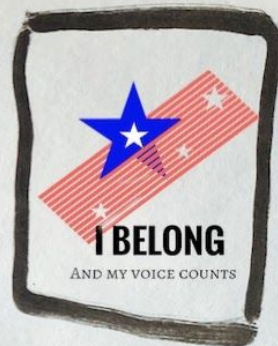
# GOOD NEWS RESOURCES



@UPWORTHY

@GOODNEWS\_MOVEMENT

@FIVEMINUTESJOURNAL



SOMEGOODNEWS  
ONLYGOOD TV

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