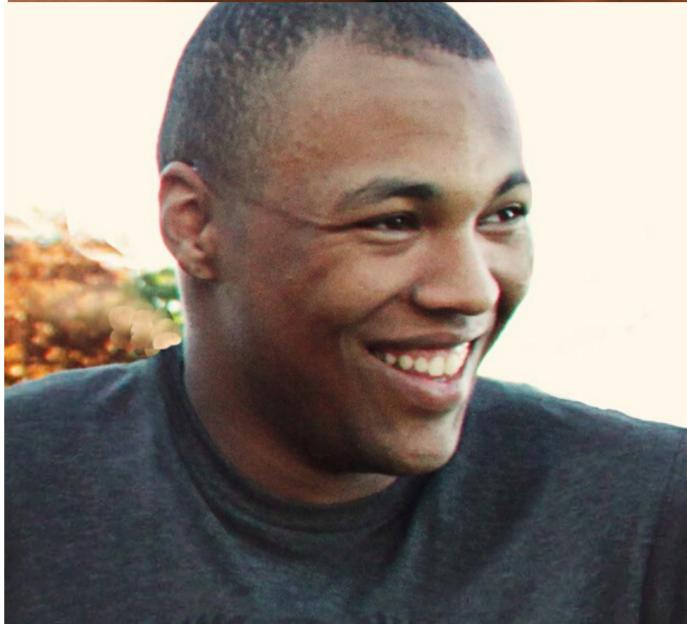
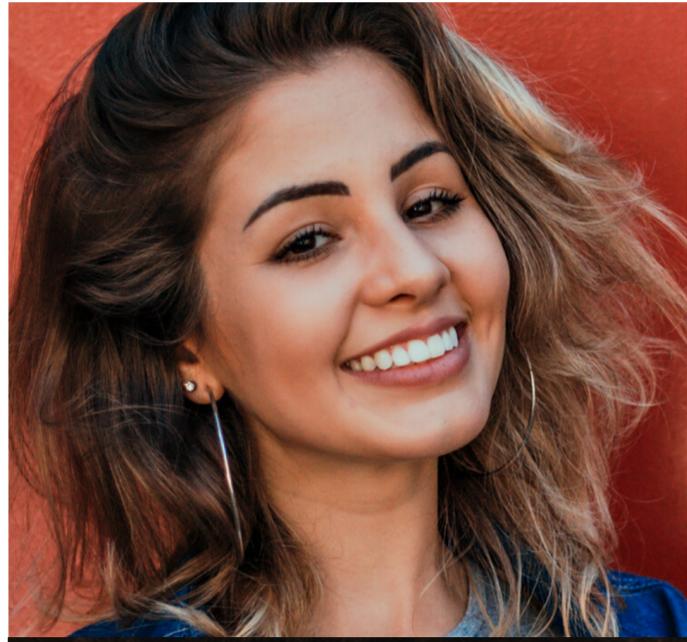


# Corona Care Package

A mindfulness project by Julia Schetelig



*This booklet has been created by an undergraduate psychology student who wants to foster the mental health and resilience of her friends and loved ones. You are very welcome to share it with your friends, however, please note that it does not provide certified clinical advice or counsel. If you require professional and immediate help please refer to the following counseling hotlines:*

## Worldwide phone numbers of crisis and suicide hotlines:

[https://www.suicidestop.com/call\\_a\\_hotline.html](https://www.suicidestop.com/call_a_hotline.html)

<https://www.therapyroute.com/article/helplines-suicide-hotlines-and-crisis-lines-from-around-the-world>

<https://www.befrienders.org/>

# Hi

Are you okay?

Like, *really* okay?

I know this is a time of uncertainty, fear and disconnection.

In fact, you may feel lost - even drowning.

I know that this small booklet can't make all your problems go away.

But I promise it can bring you some positivity and help you find resilience. This booklet outlines several exercises that I hope will make you smile and see light at the end of the tunnel.

All you need is an open mind and a quiet space.

Be kind to yourself. You can do all or none of these exercises, for as long or short as you want - in any order you feel like.

You can follow the instructions or follow where your own creativity takes you.

I am sending you all the love, strength and care.

Thank you for joining me in this journey.



Let's start with a major challenge the world is facing at the moment: disconnection.

We are born to be social!

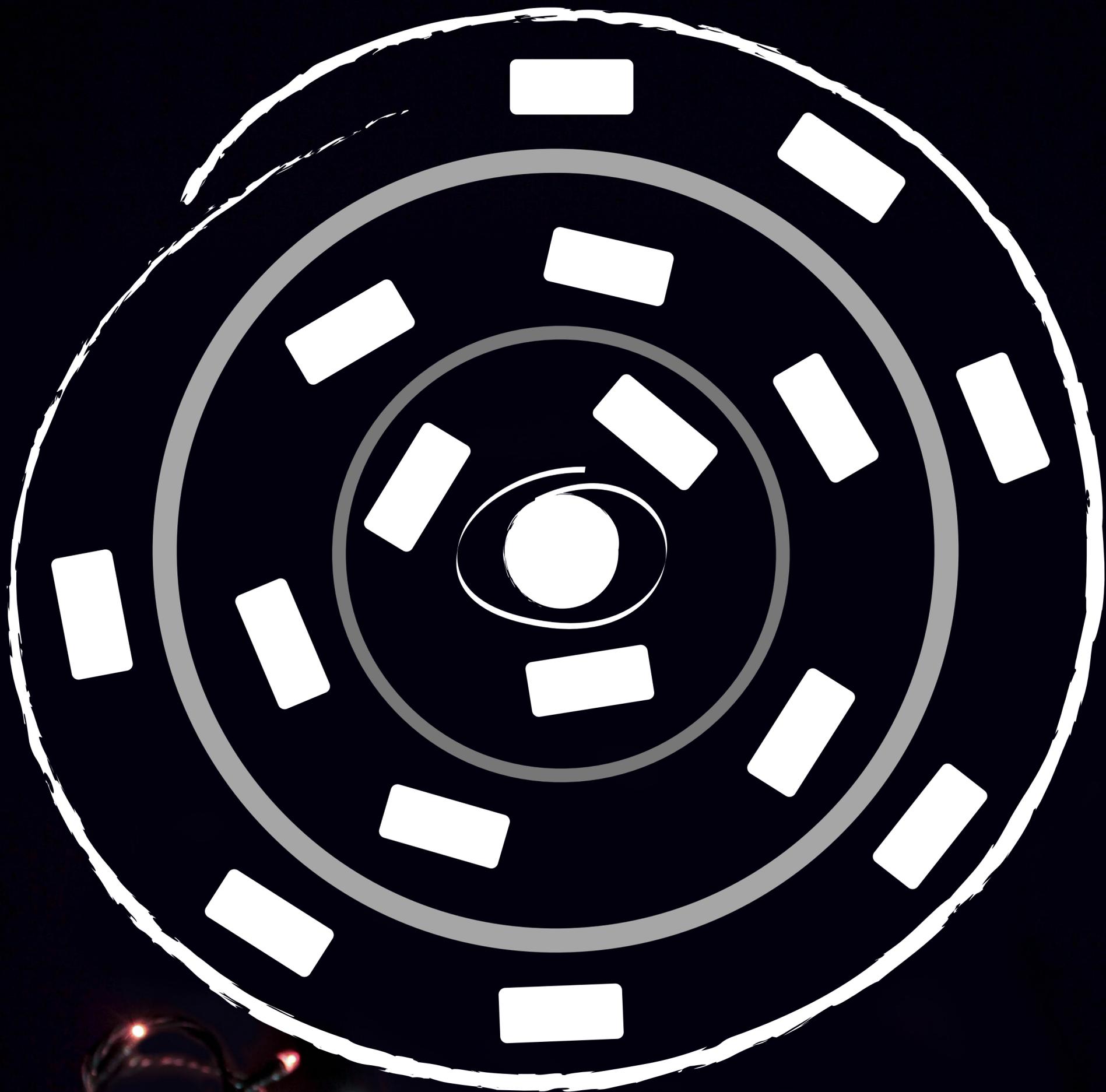
Struggling because of disconnection is nothing to be ashamed of - in fact, it's something to celebrate. You are human and you can feel love. If you didn't love, disconnection wouldn't be so hard, right? But we cannot selectively numb emotion. If we numb pain, we numb love. It's okay to feel.

*"How lucky I am to have something that makes saying goodbye so hard"*  
- Winnie the Pooh

Lucky for you, we live in the digital age. You DON'T have to say goodbye. People are STILL there to support you. But in times of fear we quickly forget that. So on the next page, I invite you to take a moment to visualize your support network. Put yourself at the center of the circle and then write the names of the people you are closest to in the inner-most circle. Next, write down people who always spark joy but you may not be as close to. Next, think of people who have shaped and inspired you - perhaps you have never met you but their art/sport/work have inspired or supported you in the past.

Put all of the people, who love and care about you in there.





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I hope visualizing all these caring, inspiring people made you feel a little more connected. Maybe print it out and hang it up somewhere, reminding you: you are not alone!

So the people around you are pretty awesome. But you have to remember: you are pretty awesome too! You have already overcome many challenges, learned and grown stronger because of them. In the boxes on the next page, I invite you to note down difficulties you have mastered in the past. Be proud of these accomplishments - you have come so far already.



Write down challenging experiences that you have overcome and that have made you stronger



Sometimes we forget about all the mountains we have already climbed. Looking back you often realize that you have already overcome challenges that at the time perhaps seemed unsurmountable, reminding you: this too shall pass.

What were the things that helped you overcome those past challenges? What did you do to get better? Or perhaps, what do you think you could have done better in retrospect.

**What makes you happy? What keeps you sane?**

I invite you to reflect on what brings you bliss and joy - and make a note of it on the next page.





Reflecting on past challenges is not always empowering, sometimes it can be very hard to remember difficult times - even though they taught us important coping skills. I want to encourage you to not run away from that pain - it's okay to listen to your body and what it needs to overcome grief. Recognizing that your body and mind, in fact, needs time and attention, is already a huge step toward healing.

At the same time, I believe that we have a choice in how to tell sad stories. More importantly, *how* we tell sad stories ultimately shapes how we remember them and how they will affect our character and future.

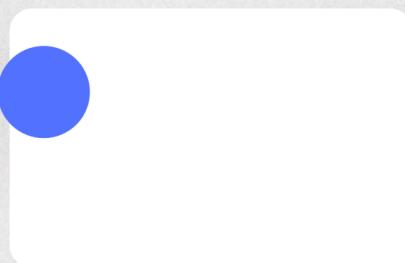
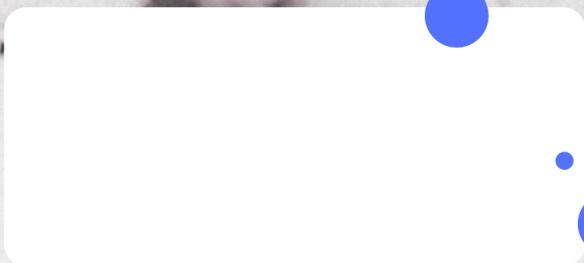
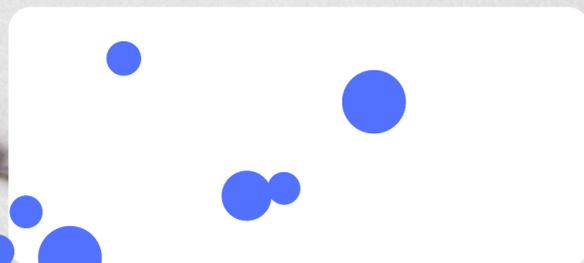
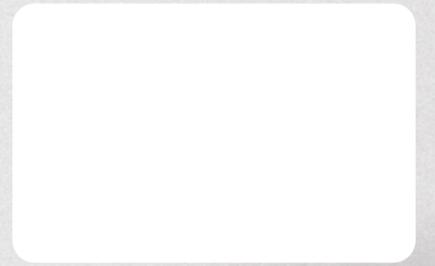
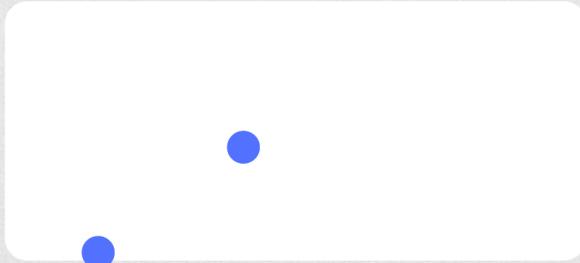
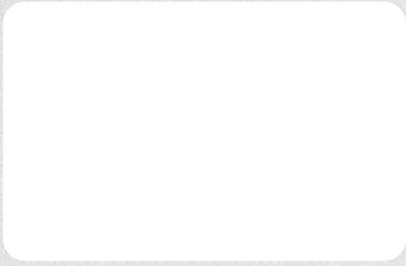
Maybe there is some silver lining to be found in these experiences?

On the next page, I encourage you to note down the things you have gained from some of these past challenges. Maybe you learned a lesson or skill? Connected with a new friend?

Things are never black and white. Recognizing complexity in times we are pushed to our limits can allow us to find meaning and purpose. If we search for it!

Would you be who you are today without these past experiences?

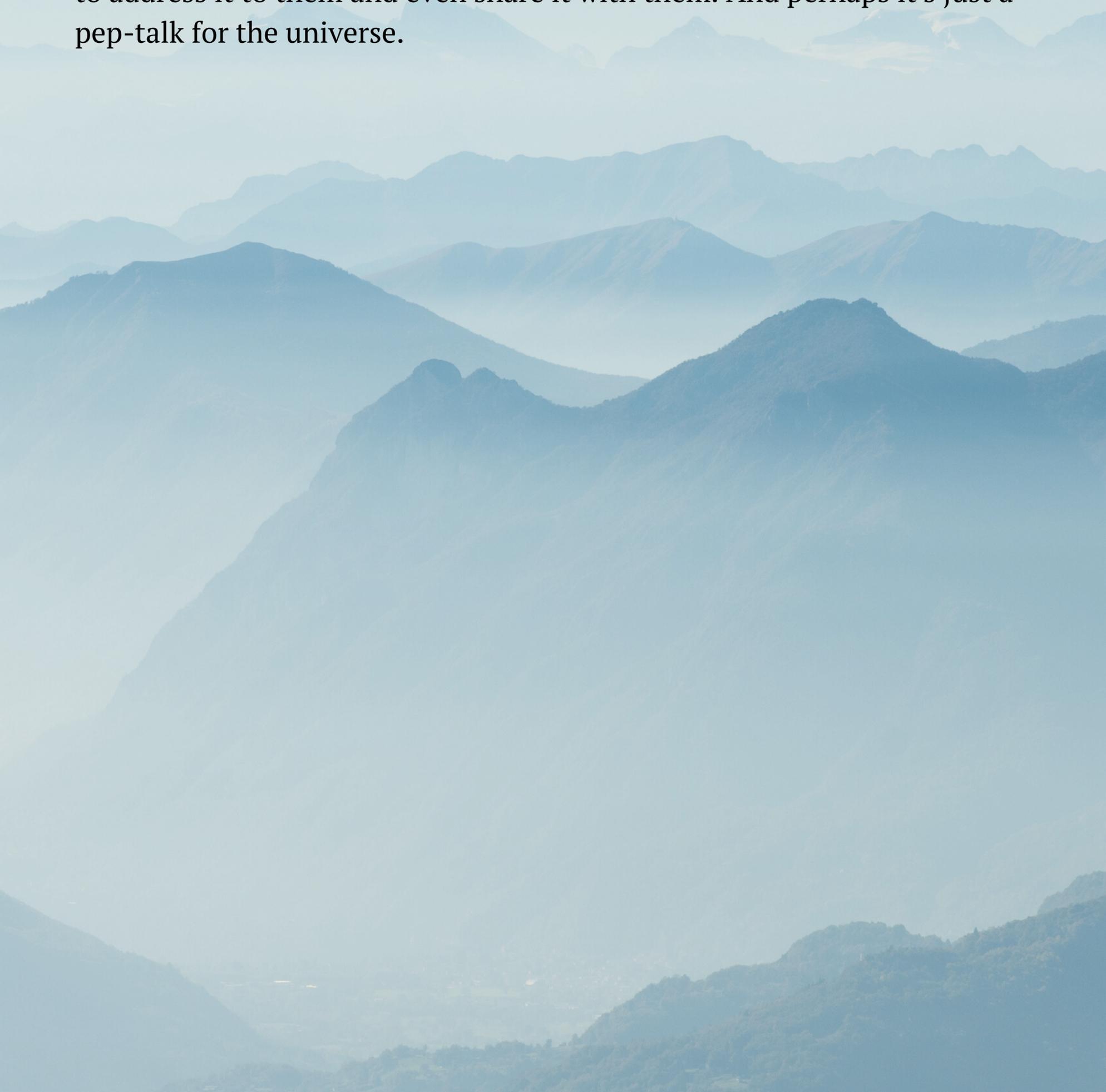
What have you gained because of past  
challenging experiences?



Before we move on, perhaps take a moment to relax. Make yourself your favorite snack. Take a moment to look out the window. Breathe. Smile. Feel all the feelings you need to feel. Reflection, healing and growth takes time. Make sure you take yours.

Next I want you to picture a friend coming to you. They look sad and discouraged. You deeply care for them and want to make them feel better. I invite you to write them a pep-talk. Remind them of the good things in life, to see beauty and positivity in all things. Remind them of how inspiring and smart they are. Remind them to forgive - not to be too harsh on themselves. Reflection should never spirale into insecurity, shame and hate. Encourage them to be kind to themselves. They will get through it.

Perhaps you have a friend in mind when you write this. Perhaps you want to address it to them and even share it with them. And perhaps it's just a pep-talk for the universe.



Write a pep talk

Keep this pep-talk somewhere.

Often we are kinder to others than we are to ourselves.

Re-read your pep-talk as if someone else wrote it to you.

Allow yourself to receive the kindness you want to give others.

Next, I want you to write the story you want to one day say you've lived. Imagine writing a personal essay you write for some application in five years from now. I want you to be creative, think big! This is not a five-year plan, this is supposed to open up your mind to crazy and wondrous ideas you may not allow yourself to dream of usually.



Before the COVID-19 pandemic broke out in early 2020, I was (...). If someone would have told me that a couple of years later I would (...) I never would have believed them. But to my surprise, the months of lockdown had a profound effect on me.

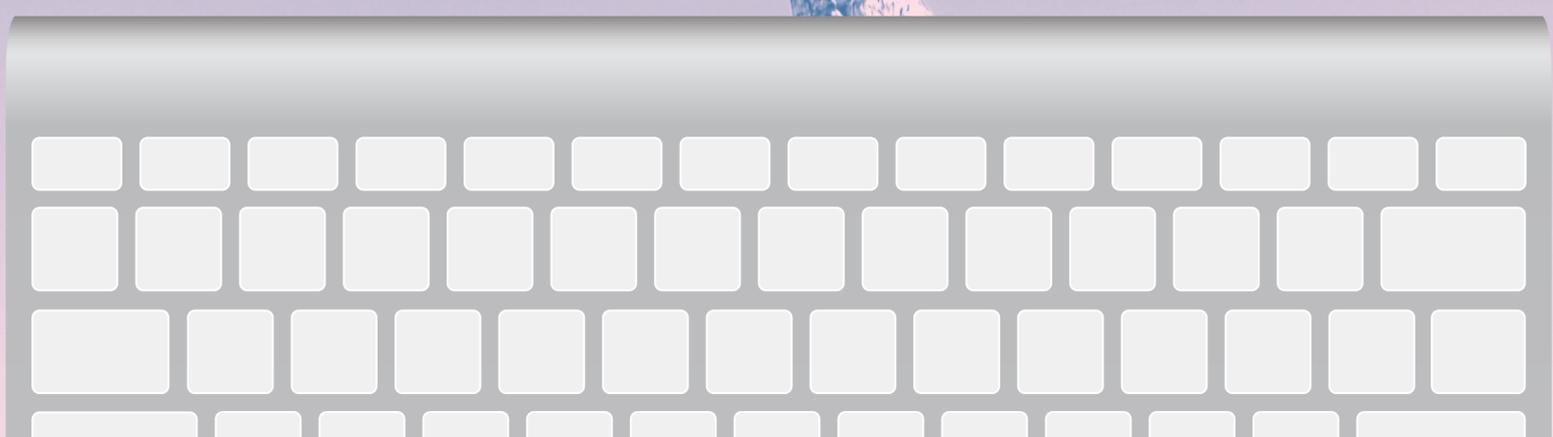
It allowed me to (...), which I had never done before.

It made me think of (...).

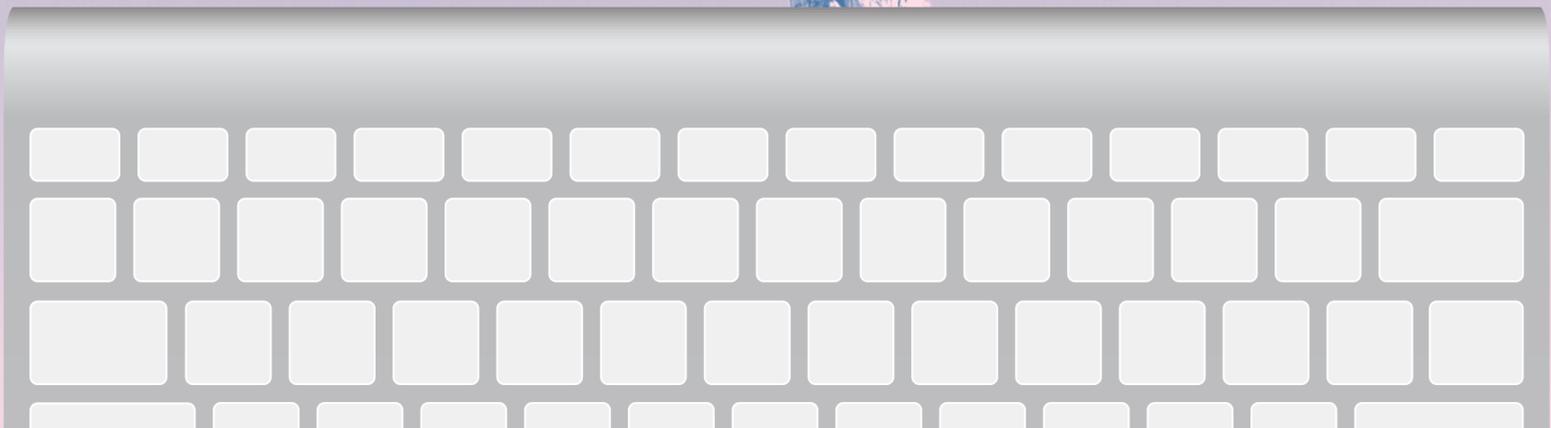
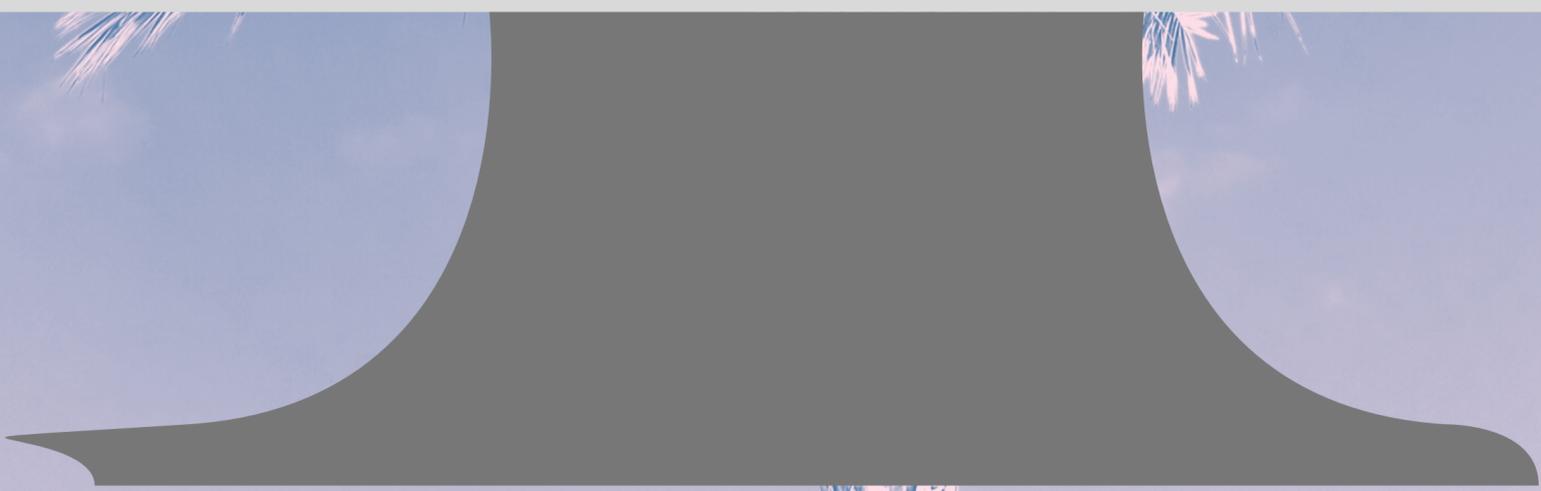
So I decided to (...)

So when I was finally able to re-enter the world. Everything had changed.

Now I (...)



Now it's your turn

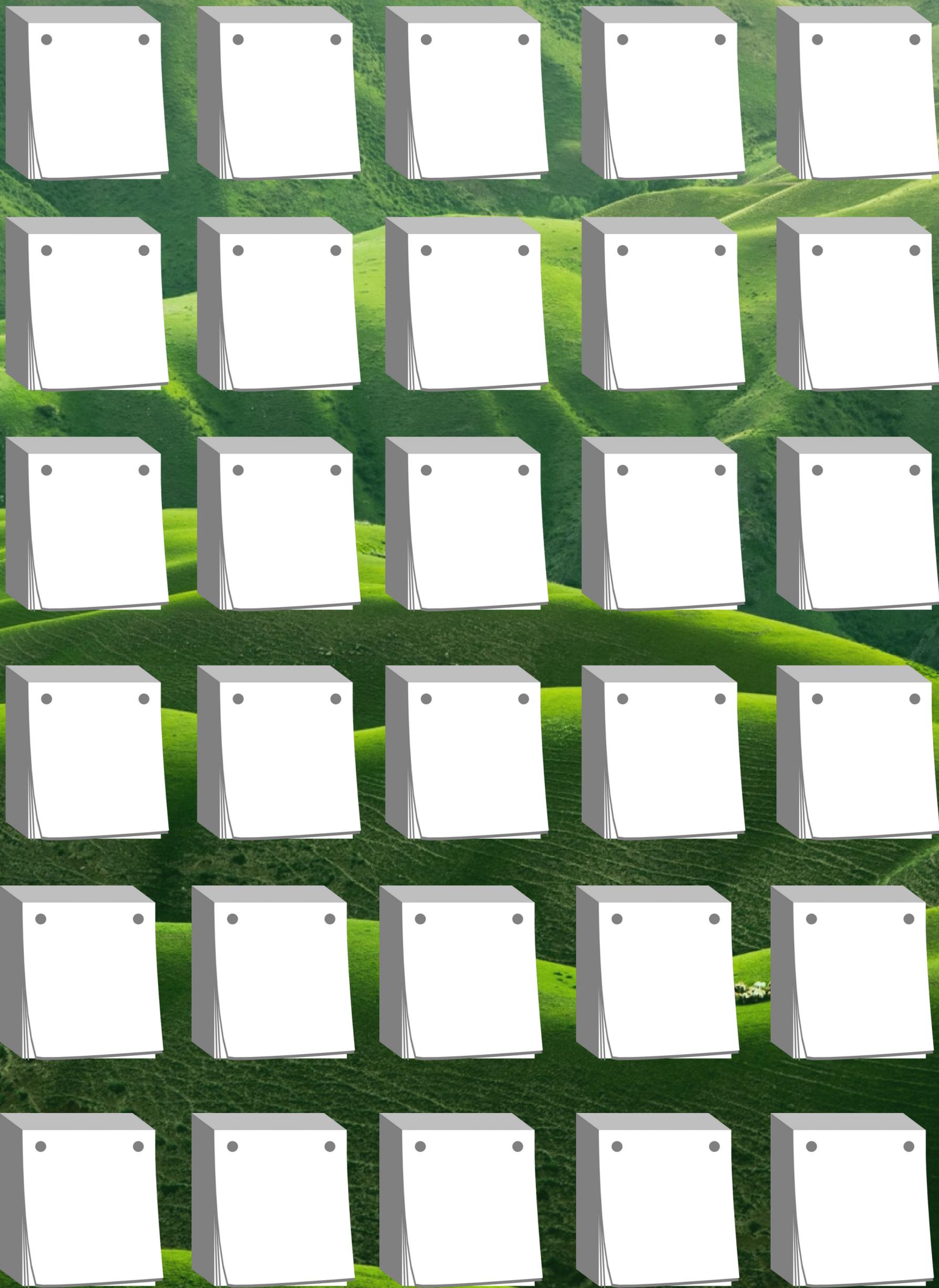


I hope this small creative exercise made you smile. Not because you just figured out your life (trust me, no one ever does) but because you can see how in five years everything will look different - perhaps even positive. But only if we take agency, particularly over the stories we tell ourselves.

The next exercise I invite you to take time for is a 30-day challenge. Every evening (or every morning) for the next 30 days write down three things you are grateful for. The only rule: you cannot mention the same thing twice. You'll soon see that there are so many things to appreciate - many that seem small, but that are actually quite significant.



# 30 day gratefulness journey



I really hope that the gratefulness-diary will bring joy to your life. Thank you for taking responsibility for your own happiness!

Now, I invite you to radiate some kindness and happiness to the world by sharing your appreciation with the people you are grateful for. Often we feel weird about these compliments. We are afraid of awkwardness or being "random". I promise you, though, that I have never had anyone reacting awkwardly to such messages. In fact, "You had no idea how much I needed to hear this", is the most common reply.

If you don't know how to start such a message, I have shared some ideas below,

Share the love!



POSITIVE  
VIBES

Hey, I know this is random but I just wanted to remind you of how much you mean to me. Thank you so much for...

Just a quick reminder that you are an incredibly inspiring person and you mean (...) to me.

Hey, I just wanted to thank you for that time when you (...)

Hey, I don't think I ever communicated to you how much it meant to me when you (...)

Just a quick reminder that you are strong, inspiring and and incredible. You'll get through anything

Hello, I know we haven't spoken in years but I just wanted to check in how you are doing (...)?

Hey, I don't think you know this but you have actually been a huge inspiration to me. Especially the time when (...)

Hey, remember that incredibly funny time when we (...). I just thought of it and it made me smile a lot (...)

?

You have almost reached the last page of this little booklet. I want you to take a moment to thank yourself. Thank yourself for taking time to heal. We often think self-care is "a luxury", something we don't "deserve". But that's not true. You deserve time to heal and regain energy. In fact, the world needs you to do that, because you can't achieve the amazing things you want to achieve if you are burnt out.

Finishing these exercises doesn't mean, however, that this is the last step of your journey to mindfulness, healing and happiness.

Quite the opposite! If you have enjoyed some of these exercises, perhaps find ways to implement reflection, positivity and gratefulness into your every day life.

I want to leave you with a few more resources for your enjoyment and healing. First, I have collected a bunch of my favorite youtube videos and TED talks that never fail to make me happy - I hope they spark some joy for you too.

Moreover, I want to encourage you to explore more things that help you stay sane in a crazy world. It doesn't need to be what I recommend (or what the world/your parents/friends think you should do). I just encourage you to try out different things!

Maybe you'll find something that'll change your world forever.

If you are looking to learn more about mindfulness - and why it's particularly important for leaders, I invite you to take a look at [this webinar](#). I recorded it a few months ago in collaboration with [Global Changemakers](#).

On May 14th, 5pm-6pm PDT, I'll also be hosting a free [Mindfulness workshop](#) in collaboration with [Your Big Year](#). It'll be an honest conversation about how to stay mentally healthy in this crazy world, including some exercises. You can sign up [here](#).

Moreover, I encourage you to read more, meditate, find an exercise you enjoy, explore new hobbies, call that friend you haven't spoken to in years, reconcile with a family member, volunteer online, discover inspiring people and initiatives, learn how you can be of service to this world, because bringing joy to others always sparks happiness!

Be kind to yourself, remember you are loved,

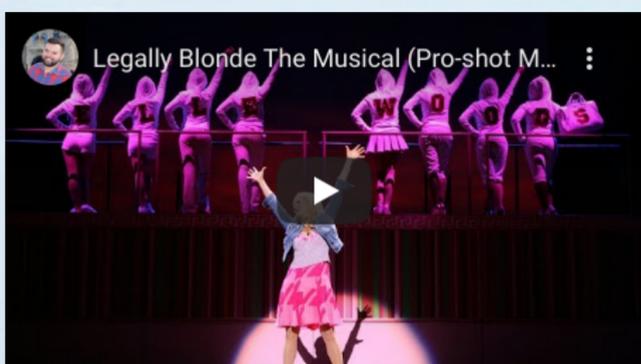
Love,  
Julia





# Youtube videos and channels that are good for the heart

- make your own list and share it with your friends!



*Images and designs by:  
canva.com*

This booklet is the result of a mindfulness project initiated during the COVID-19 pandemic in 2020.

It was curated by Julia Schetelig, a UWCSEA'18 and Earlham'21 grad. She is the founder of **Generation Impact**, a resource platform for young people who want to make a difference.

**Contact:**

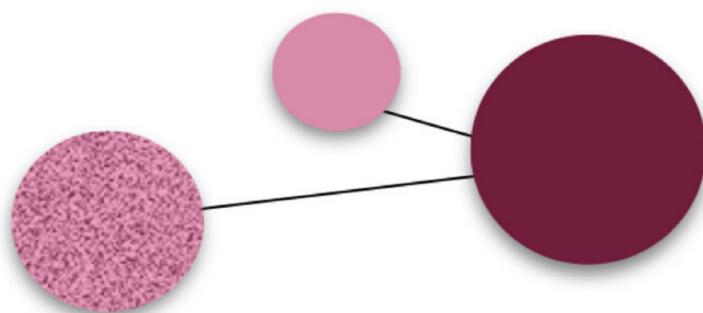
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<https://calendly.com/julieanscy/catch-up>



**[www.generimpact.com](http://www.generimpact.com)**