



## Tips for 'Changing Your Frame' During COVID19



So... you haven't learned to play guitar like Jimi Hendrix while in quarantine. Time to set realistic expectations and feel proud of the 3 chords you have mastered.



So... you didn't do as well on your school assignment as you had hoped. Time to remind yourself that mistakes are an essential part of learning.



So... you embarrassed yourself during your online work presentation. Time to pat yourself on the back for being brave enough to try, and for maybe even giving the group a giggle.



So... you want to bow out of your virtual piano exam because you are worried you will fail. Time to tell yourself that new challenges are opportunities to grow and adapt.



So... you can't seem to cultivate the perfect sourdough starter and your friend's bread looks like it should be on Pinterest. Time to stop comparing yourself and remember we all have different strengths.



So... you didn't start the project you wanted to, or finish the one you were working on. Time to be patient with yourself and remember the power of the word 'yet.'

For more mental health info check out our website:

