**New Normal Wellness Plan**

The Suicide Awareness and Prevention Office designed the New Normal *Wellness Plan* below to provide a tool for you to use in order to increase your awareness of how you are navigating these uncertain times. It is likely you have a number of strategies that have been helpful, but the plan below is focused on helping you identify ways to manage uncertainty, embrace your experiences, and remain proactive in your self-care.

**Personal Reflection.**

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**Using FACE COVID**

*What am I focusing on? How do you know you are doing well? How do I know when I am not doing well?*

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**F = Focus on what’s in your control:**

**A = Acknowledge your thoughts & feelings:**

**C = Come back into your body:**

**E = Engage in what you’re doing:**

**C = Committed action:**

**O = Opening up:**

**V = Values:**

**I = Identify resources:**

**D = Disinfect & distance:**

**Sources of Uncertainty:**

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**What techniques or coping strategies could I use to manage uncertainty or loss?**

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**How are the techniques above helpful to reduce and manage fear?**

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**What are ways in which I am staying healthy, safe, and well?**

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**What other resources (family, friends, TAMU HelpLine, etc.) could I use in order to seek additional help and support?**

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**Steps to remain Proactive: How do I hold myself Accountable?**

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**Notes:**