

**Resource: “FACE COVID”**

**Source:** Dr. Russ Harris, author of *The Happiness Trap*

**Key Points:**

- Practical steps based on Acceptance & Commitment Therapy:
  - F=focusing on what’s in your control
  - A=acknowledging thoughts & feelings
  - C=coming back into your body
  - E=engaging in what you’re doing
  - C=committed action
  - O=opening up
  - V=values
  - I=identifying resources
  - D=disinfecting & distancing