

Shelter-in-place coping levels measured in cartoon bears



LEVEL 1: BERENSTAIN

Fully clothed, family unit all together, societal rules and standards still being followed, practiced and respected.



LEVEL 2: POOH

T-shirt and no pants, mostly alone, eating entirely too many sweets but happy in your blissful ignorance.



LEVEL 3: YOGI

Naked except for a hat and tie, surviving off whatever food you can steal, only companion is smaller nude person in a Bow Tie.



LEVEL 4: CHARMIN

Completely nude, surrounded by others who are completely nude, obsessed with Toilet paper.

Gwenyth Paltrow said in an interview we should take this time to learn a new language or write a book. I just shook chip crumbs out of my bra & I don't know what day it is. I'm fairly certain I'm not going to attempt either of these things.

Yes, AND

@HOLISTICALLYGRACE

Yes,

*we can feel
grateful*

AND

DISAPPOINTED
ABOUT THINGS
BEING CANCELLED

Yes,

*we can enjoy
extra time
with loved
ones*

AND

FEEL OVERWHELMED
BY THEIR PRESENCE

Yes,

*we can be
hopeful*

AND

FEEL LIKE
EVERYTHING IS
FALLING APART

Yes,

*we can be a
source of
support for
others*

AND

PRIORITIZE OUR
NEEDS, FILL OUR
OWN CUP

Today at 8:12 AM

Good morning all. Please do attempt to follow dress code for our meeting today. Professionalism is necessary to maintain the dignified status of our work environment.

Pajamas should not have spaghetti straps, holes or inappropriate graphics.

Onesies must be fully buttoned though any attached animal heads may be worn in the up position, so long as they do not obstruct your face.

Please do not mix storylines. Frozen and Tangled are not to be worn together.

Not Star Wars and Star Trek.

Only approved Marvel/DC crossover universes may be combined. Please contact HR for guidance.

If you don't come out of this quarantine with:

- A new skill
- Your side hustle started
- More knowledge

~~You never lacked time, you lacked discipline.~~

You are doing just fine.

We are going through a collective traumatic experience.

Not everyone has the privilege of turning a pandemic into a something fun or productive.

Stay healthy.

Community does
not necessarily
mean living face-
to-face with others;
rather, it means
never losing the
awareness that
we are connected
to each other.

- Parker J. Palmer



I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS
FOLLOW THE
RULES OF SOCIAL
DISTANCING

THE AMOUNT
OF TOILET
PAPER AT THE
STORE

I CAN CONTROL

(So, I will focus on these things.)

THE
ACTIONS
OF
OTHERS

MY POSITIVE
ATTITUDE

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

LIMITING MY
SOCIAL MEDIA

MY OWN SOCIAL
DISTANCING

MY KINDNESS &
GRACE

PREDICTING
WHAT WILL
HAPPEN

HOW
OTHERS
REACT

OTHER
PEOPLE'S
MOTIVES



Clipart: Carrie Stephens Art
TheCounselingTeacher.com

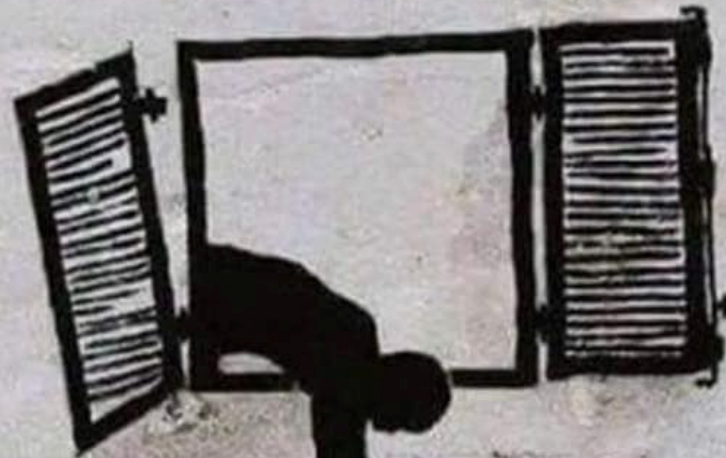
Do what you can, when
you can, with as much love
and honesty as you can,
and when you can't,

REST.

NANEA HOFFMAN

tinybuddha.com





FROM MY
HOUSE
TO YOUR
HOUSE

