USE YOUR CHARACTER STRENGTHS TO COPE WITH COVID-19 PANDEMIC

Purpose & Meaning: SPIRITUALITY *
Explore the collective meaning of this pandemic for humanity
Consider engaging in spiritual practices to cultivate peace and connection

Playfulness: HUMOR *
Cultivate a playful attitude as a coping mechanism
Educate yourself and others with humor

Optimism & Future Mindedness: HOPE *
Challenge optimist and exert effort for our collective healing
Set a personal goal and generate alternative pathways with hope

Thankfulness: GRATITUDE *
Each night write down 3 things you are grateful for
Show gratitude for health-care workers and other Heroes

Awe: APPRECIATION OF BEAUTY & EXCELLENCE *
Go on “beauty walks” in nature
Have digital visits to World Museums

Self-Control: SELF-REGULATION *
Explore mindfulness to regulate your emotions
Try to regulate physical and digital consumption

Wise Caution: PRUDENCE *
Stay home and boost your immune system
Wash your hands and apply social distancing

Modesty: HUMILITY *
Explore the humility we feel against the power of Earth
Feed your humble nature

Mercy & Acceptance of Shortcomings: FORGIVENESS *
This pandemic is new to all of us and we make mistakes
Have mercy for yourself and others

Organizing Group Activities: LEADERSHIP *
Create positive influence on the groups you belong
Organize group activities for social service during this crisis

Justice Based Moral Reasoning: FAIRNESS *
Speak up for equal health care and social justice
Be fair and considerate of others while shopping

Social Responsibility & Citizenship: TEAMWORK *
You are a local member of the global team fighting against Covid-19
We are all in this together! Respect and consider your teammates!

CREATIVITY: Originality
Engage in creative activities during the lock-down
Generate alternative solutions to schedule changes

CURIOSITY: Exploration & Openness
Gather reliable information about COVID-19 without judgment
Explore a new topic to distract yourself

JUDGEMENT: Critical Thinking & Rationality
Challenge your own biases while gathering information
Make rational decisions, considering the public health

LOVE OF LEARNING: Systematic and Deep Learning
Master a new skill or sign up for an online course
Great opportunity to learn about VIA Character Strengths!

PERSPECTIVE: Wisdom & View of the Big Picture
Use a global and collective lens in your decision-making
Consider the historical significance of COVID-19 for humanity

 BRAVERY: Courage & Valor
On online platforms speak up and stand with your truth
Show courage to support who need help

PERSEVERANCE: Persistence & Industry
Give positive feedback to yourself and others for their effort
Remember “This is global crisis, so hang in there with us!”

HONESTY: Authenticity & Integrity
Use online platforms to express your authentic and respectful voice
Reflect on your personal thoughts and emotions about this pandemic

ZEST: Energy & Vitality
Take joyful walks in nature or exercise at home
Try meditation and breathwork to increase your energy level

LOVE: Love is Love!
We all need LOVE more than ever, so love anything and anyone you can
Love the service you can bring to support others during this pandemic

KINDNESS: Altruism, Care & Compassion
Have compassion for yourself and others during these tough times
Show an act of random kindness to help your local community

SOCIAL INTELLIGENCE: Emotional Intelligence
Build social connections and awareness on digital platforms
Use personal intelligence to ease social interactions during this stressful time