Right Now, I am Fine

A COPING COLORING BOOK DURING COVID-19

WRITTEN BY DR. DANIELA OWEN
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HELLO!
THIS BOOK IS FOR ANYONE AFFECTED BY WORRIES, FEARS, DISCOMFORT, OR NAGGING THOUGHTS ABOUT THE CORONAVIRUS (COVID-19). THIS IS A SCARY TIME IN THE WORLD, FULL OF UNCERTAINTY AND CHANGES. BUT THE GOOD NEWS IS, THERE ARE THINGS THAT WE CAN DO TO TAKE GOOD CARE OF OURSELVES. THIS BOOK EXPLAINS WHAT YOU CAN DO TO KEEP YOUR MIND AND BODY CALM NOW AND DURING ANY HARD TIME.

ABOUT THE AUTHOR
DANIELA OWEN, PH.D. IS A CLINICAL PSYCHOLOGIST IN THE SAN FRANCISCO BAY AREA. SHE WORKS PRIMARILY WITH CHILDREN, ADOLESCENTS, AND THEIR FAMILIES AND SPECIALIZES IN USING EVIDENCE-BASED TREATMENTS TO HELP WITH MANAGING ANXIETY. DANIELA IS THE VISIONARY BEHIND THIS BOOK AND SHE HOPES THAT IT CAN SERVE AS A USEFUL RESOURCE FOR FAMILIES COPING WITH THIS DIFFICULT TIME.

ABOUT THE ILLUSTRATOR
HANNAH HART IS A SENIOR AT WARTBURG COLLEGE, MAJORING IN NEUROSCIENCE AND BIOLOGY. HANNAH HOPES TO PURSUE A CAREER IN ALZHEIMER’S DISEASE AND DEMENTIA RESEARCH. HANNAH IS AN INTERN WITH RIVER + PEARLS, THE PUBLISHER OF THIS COLORING BOOK. THEIR MISSION IS TO EQUIP YOUTH TO USE THEIR CREATIVE GIFTS TO BRING HOPE, HEALING AND PEACE TO OTHERS. HANNAH ENJOYED CREATING THESE ILLUSTRATIONS KNOWING THEY COULD HELP CHILDREN AND YOUTH COPE WITH COVID-19.

MORE...
VIEW LAST PAGE OF THIS BOOK FOR MORE DETAILS
SOMETIMES BAD THINGS HAPPEN IN THE WORLD...

...AND THEY MAKE US FEEL SCARED.
Sometimes these things make us worry a lot about what is going to happen.

Our families, and friends, and neighbors may all be affected.
THINGS MIGHT GET WORSE.

THE BAD THING MAY CAUSE OTHER BAD THINGS TO HAPPEN.
ALL OF THIS WORRY...

...CAN MAKE US FEEL TERRIBLE.
Our tummies may feel like they’re tied up in knots.
IT MAY FEEL HARD TO BREATHE (LIKE ELEPHANTS ARE SITTING ON OUR CHESTS).

OUR HEADS MAY BE SO FULL OF WORRY THOUGHTS THAT WE CAN'T CONCENTRATE ON ANYTHING ELSE.
But when this happens, it is important to remind ourselves that we are fine, right now.

If you are willing to, close your eyes.
START BY TAKING 3 DEEP BREATHS...

... BREATHE IN SLOWLY... BREATHE OUT SLOWLY. BREATHE IN SLOWLY... BREATHE OUT SLOWLY... BREATHE IN SLOWLY... BREATHE OUT SLOWLY.
Right now I am fine.

Now remind yourself:
Right now, I am fine.
NOW, KEEP YOUR EYES CLOSED AND GENTLY WRAP YOUR ARMS AROUND YOUR BODY TO GIVE YOURSELF A BIG, WARM HUG.
YOU CAN HANDLE THIS...

...BECAUSE RIGHT NOW, AT THIS VERY MOMENT, YOU ARE HERE, AND YOU ARE NOT IN IMMEDIATE DANGER.
Let your body relax a little. Drop your shoulders. Wiggle your legs. You don't have to be on high alert right this minute.

Let worry thoughts drift out of your brain.
THE BAD THING IS STILL HAPPENING, BUT YOU DON'T HAVE TO WORRY ABOUT IT SO MUCH RIGHT THIS MINUTE. REFOCUS YOUR ATTENTION ON YOUR BREATHING, SLOWLY IN AND OUT. RIGHT NOW, YOU ARE FINE.
Because you are fine right now, what else can you do? Can you draw a picture?
CAN YOU LOOK OUT THE WINDOW AT THINGS OUTSIDE?
CAN YOU READ A BOOK?
CAN YOU PLAY A GAME?
CAN YOU CUDDLE A PET OR A STUFFED ANIMAL?
Right now, I am fine.

Remind yourself, right now, I am fine.
I AM OK