

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 *

Cultivate optimism 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

USE YOUR CHARACTER STRENGTHS TO COPE WITH COVID-19 PANDEMIC

