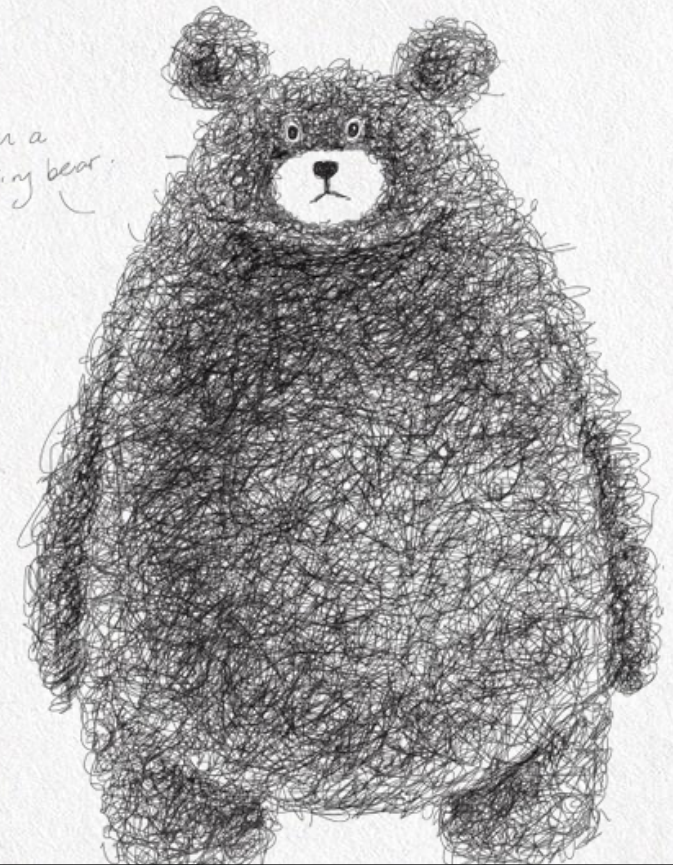


Keep Calm

Battle CONTROL  
and FEAR

I am a  
hairy bear.



By Dr. KC

March 2020



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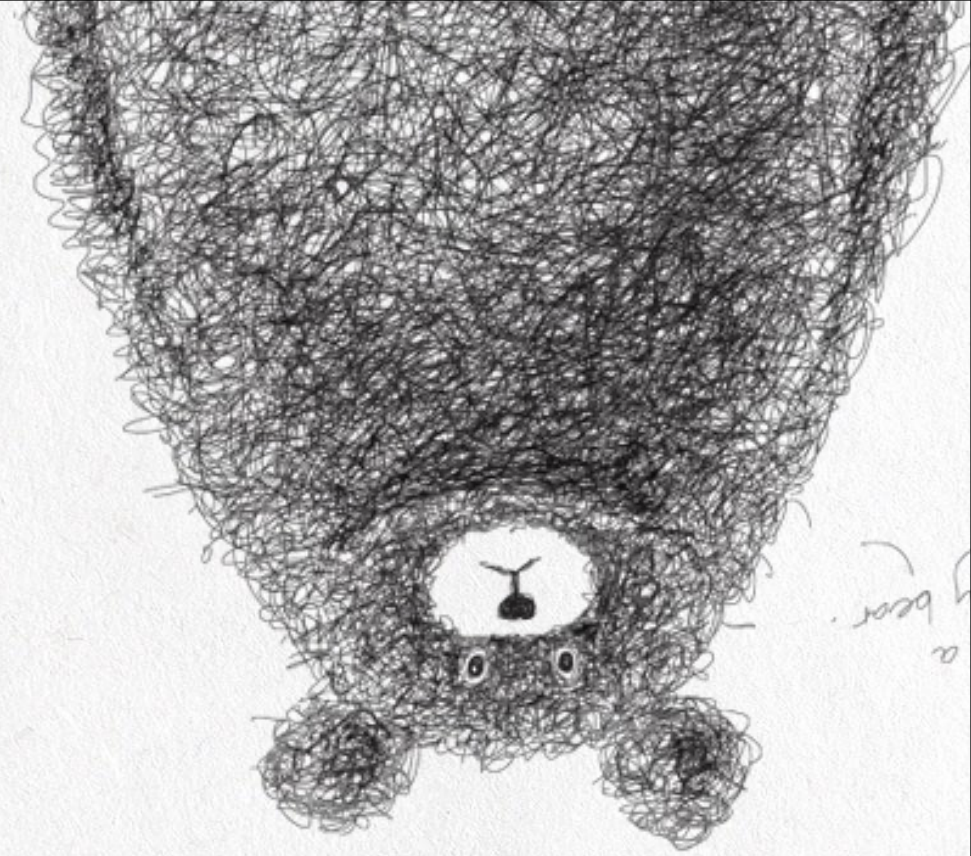




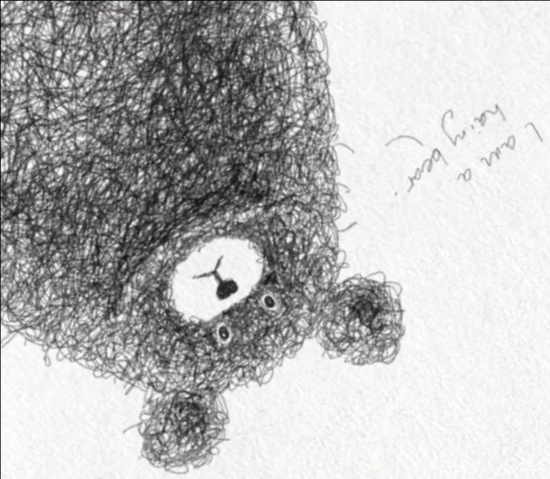
## PART 01

### What Is Control?

A sense of **security** in things, people,  
routines that you have ability to manage to  
your **personal will**.







# Lose Control

## 01 Insecurity

02 Finding things to be in control of, e.g.,  
food, toilet paper, cleaning supplies

03 Contagious Negative Cycle





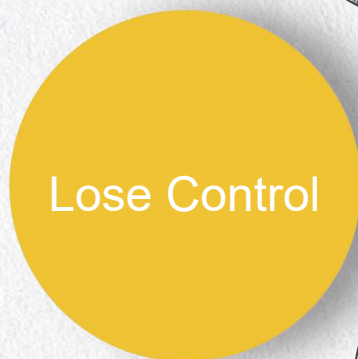
I have to do  
something



I am a  
hairy bear.



I have to make  
sure we have  
enough ...



I don't feel safe or  
protected

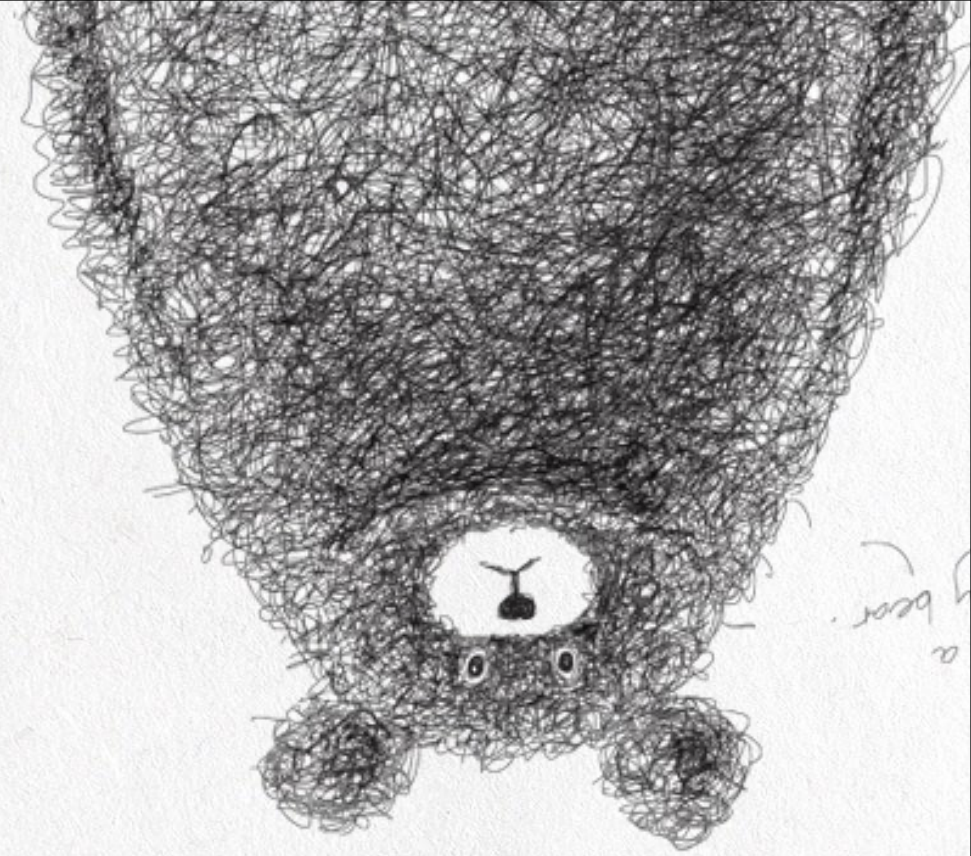


## PART 02

### Why We Fear?

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We fear when we have **uncertainty**, face the **unknown**, and imagine the **worst** outcomes from our current situation.





## Length

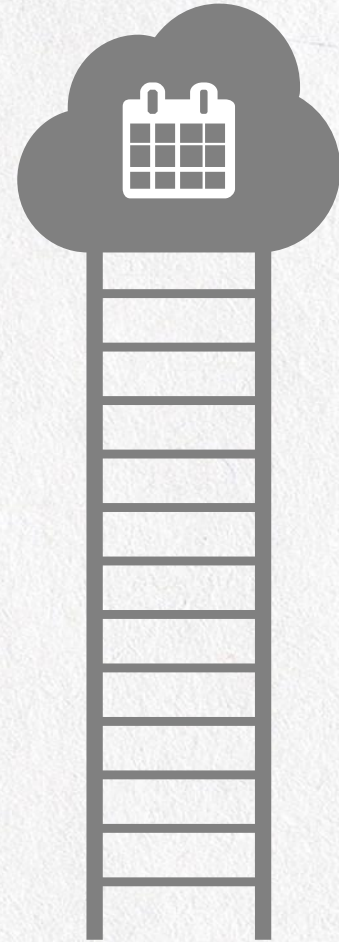
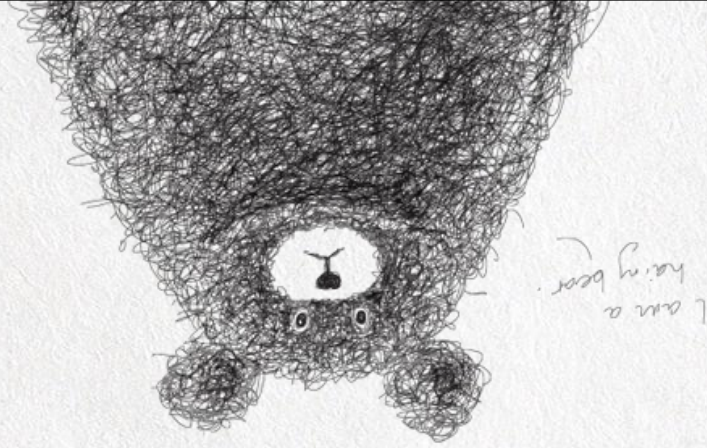
I don't know how long this will last. A week, a month, or even a year?

## Outcome

I don't know how bad this will be for everyone. Any cure already?

## Changes

I don't know how I will live with these changes every day. Will anything ever be stable again?

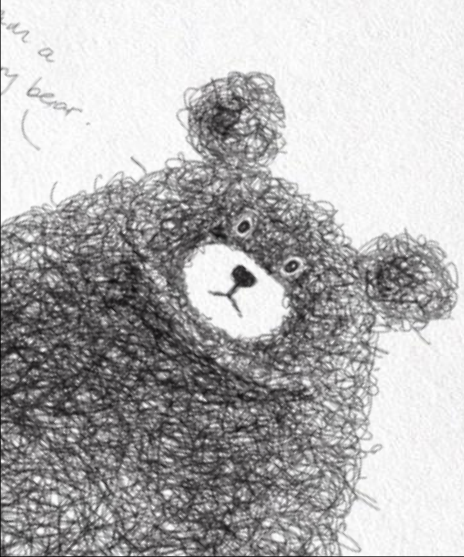




# Coping Skills

**Focus** on what you **known**, and what is **stable** for you. Things like spending time with your friends or family members.

**Stay connected** with the **New Normal** and **embrace** it as much as you can. Things like staying home and doing your favorite activities or achieving new goals.

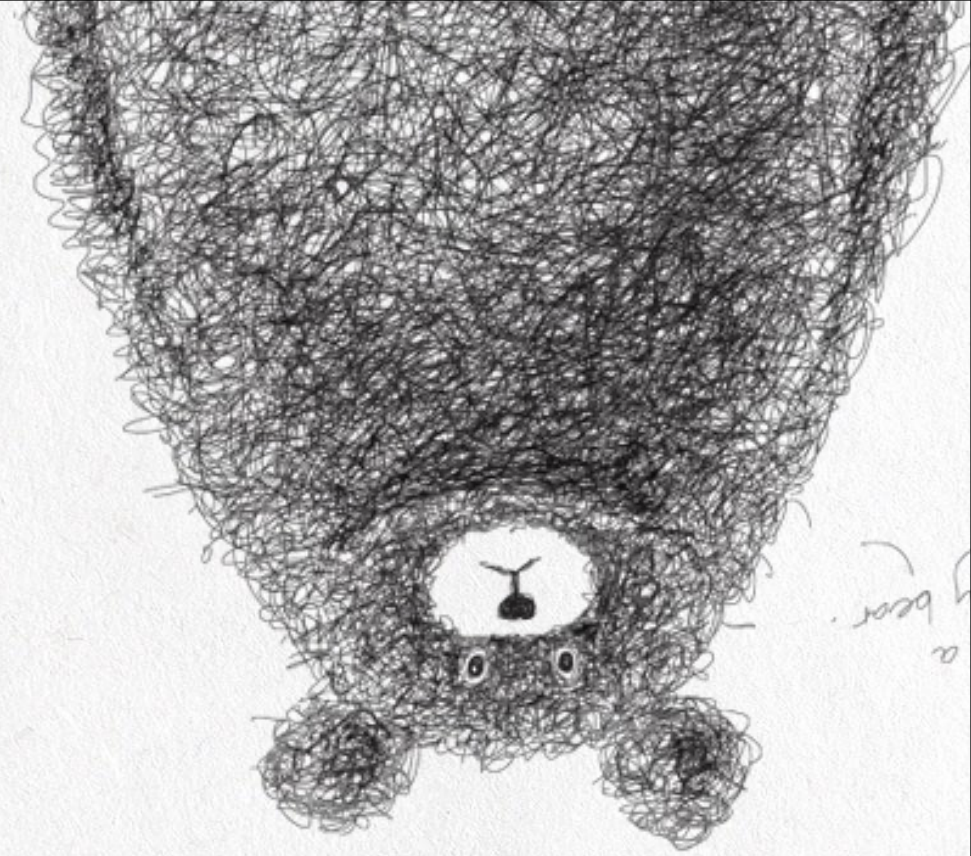




## PART 03

### Frequently Asked Questions

No one is immune, but everyone can do better. There is always **hope** and **light** even in the darkest time.







## You may ask ...

Q: If I feel freaked out, does it mean I don't trust God?

A: Not entirely, being anxious is normal human emotion. Even people who trust God feel uneasy sometimes.

Q: Is this going to end?

A: Yes, there is light at the end of the tunnel, and there is always something hopeful that we can look forward to.



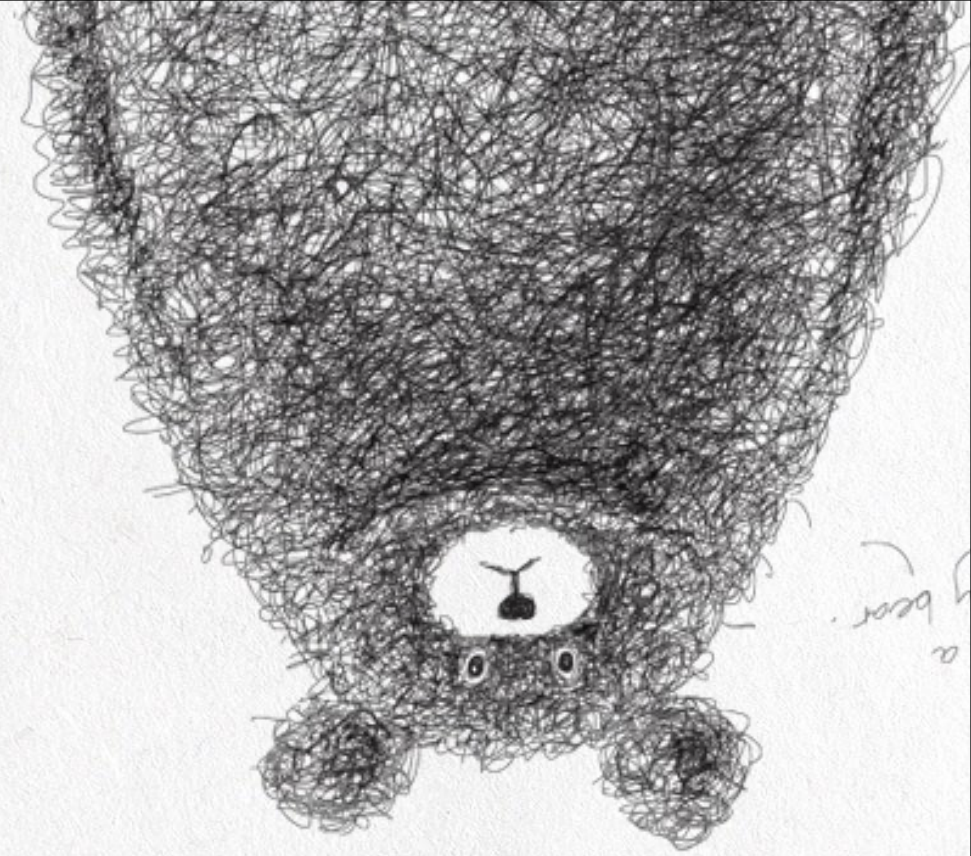


## PART 04

### What Should We Do?

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Keep **calm**, do your best to make  
**wise** decisions, and give the rest  
to **God**.



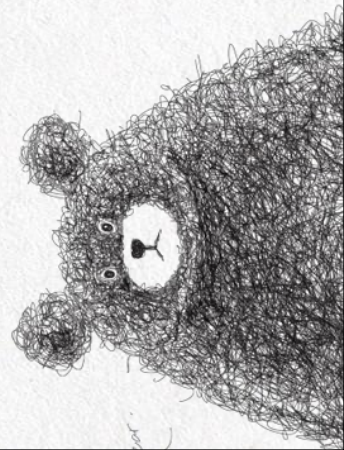
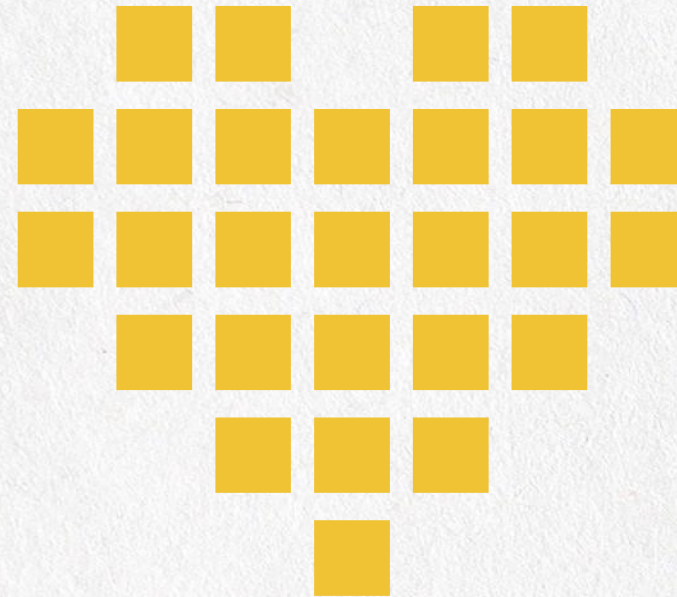


# Stay Positive

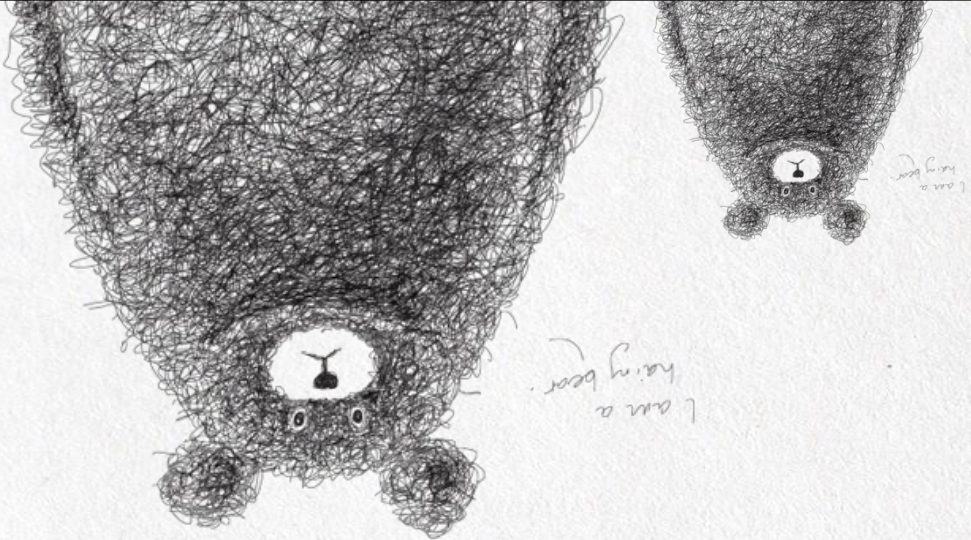
**01 Limit** frequency and length of news, social media, or sources that trigger insecurity.

**02 Continue** activities that make you happy, relaxed, and connected to a support system.

**03 Stay** hopeful and choose a positive perspective of the outcome or situation, believing that it is ultimately under control of God.







✓ **Support System**

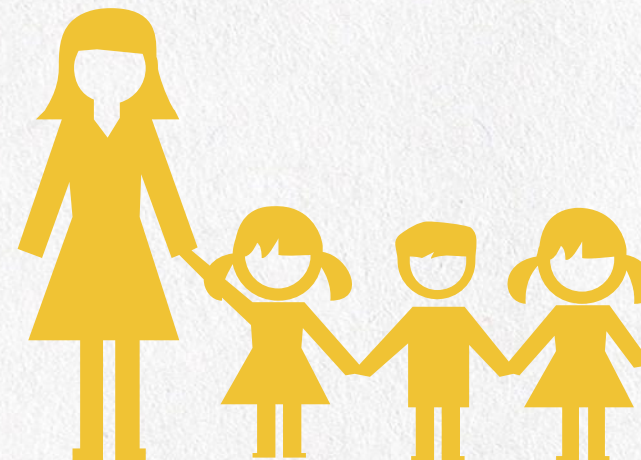
Family, friends, online community, church groups ...

✓ **Physical Active**

Appropriate exercise, balanced meals, stay hydrated ...

✓ **Positive Hopeful**

Uplifting spirit, positive thinking, peaceful mind ...





“I sought the Lord, and He heard me, and delivered me from all my fears.”  
—Psalm 34:4

“We can confidently say, ‘The Lord is my helper; I will not fear; what can man do to me?’”  
—Hebrews 13:6

“The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for His name’s sake. Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You have anointed my head with oil; my cup overflows. Surely goodness and loving kindness will follow me all the days of my life, and I will dwell in the house of the Lord forever.”  
—Psalm 23:1-6



THANKS

I am a  
hairy bear.

