**Physical**

Clean your hands often

### Avoid close contact

### Stay home if you’re sick

### Cover coughs and sneezes

### Wear a facemask if you are sick

### Clean and disinfect

**Source: CDC**

**Spiritual**

**Spend time in God’s Word**

Matthew 6:33

Proverbs 8:34

**Know the promises of God**

Hosea 4:6

Proverbs 10:21

Job 36:12

**Stand on the promises of God**

2 Cor 1:20

Exodus 23:25

1 Peter 2:24

Isaiah 54:17

**Pray the promises of God**

1 John 5:14

Luke 18

**Use your tools – Take Authority**

Luke 10:19, Matthew 18:18,

Proverbs 12:6, John 14:16-17, Jude 1:20

**SOURCE: GOD’s WORD**

**Spiritual or SPIRIT**

**Psychological -Mind, Will**

**Emotions**

**Psychological First Aid**

* Safety
* Calm
* Connected
* Community
* Hope

**Behaviors**

* Optimism
* Learn from resilient role models
* Get support from your friends and family
* Be flexible
* Problem-solve
* Accept the situation for what it is. Face your fears.
* Help others
* Exercise
* Use your faith life or moral compass as a support
* Keep your sense of humor
* **Source:** Psychological First Aid (PFA) app created by the VA Center for PTSD

**Your Life’s Health**

Your body has 3 Parts

The outcome of your life and health is hinged to Proverbs 14:30 which is hinged to Proverbs 12:6, Matthew 15:11

**Physical or BODY**