

# Reframe your thoughts

I'm frustrated at  
being stuck at  
home

This is a good  
time to regroup  
and plan

# Reframe your thoughts

I can't keep up with  
everything

I'm settling into a  
new routine and it  
takes time.

# Reframe your thoughts

I'm worried about  
what's to come

I can focus on  
making the best  
out of what I have  
right now.

# Reframe your thoughts

I'm so bored

This is a great  
time to pick up or  
revisit an interest,  
or learn skills.

# Reframe your thoughts

I feel lonely

I can connect  
with my loved  
ones virtually

# Reframe your thoughts

I'm stuck at  
home

I'm safe at  
home

# Reframe your thoughts



by @oasisplacemy