

LIVING IN ABUNDANCE

Building networks
of support

Having
hope

Remembering how
we have survived
past crises

Making good
choices in relation
to our health

Trusting
God

LIVING WITH OPENNESS

Trying to put ourselves in
others' shoes

Recognizing that the
worldview of others shapes
their needs

Assuming good
intent on the
part of others

Extending grace
to others and to
ourselves

Reflecting on how our lives
may or may not represent
our values

Evaluating whether
our interactions with
people help us be
our best self

Showing
appreciation

LIVING IN FEAR

Blaming others
for problems

Sleeping
poorly

Expressing
gratitude

Finding
ways to help
others

Wondering about
what we and
others are feeling

Being critical of
decisions

Blaming others
for problems

Sleeping
poorly

Expressing
gratitude

Considering
the validity of
information
before
sharing it

Checking news
multiple times
a day

Hoarding
supplies
Eating more (or less)
than we need

Isolating
ourselves

Identifying what
we can control
and what we
can merely
influence

HOW WE LIVE

In times of crisis, we have the opportunity to choose a path of fear or a path of abundance. The pandemic has changed life as we know it, but we do not have to be victims of circumstance; we can choose how to live.

Complaining

Harboring
conspiratorial
thinking

Being
distrustful of
others



LOMA LINDA UNIVERSITY
HEALTH



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HEALTH

School of Medicine

Office of Physician Vitality

LLUMC Office of Employee Spiritual Care