
Here are some helpful tips for positive coping, using three antidotes to fear and anxiety: ***creativity, humour, and curiosity.***

Activities that draw on our creativity allow our emotions and actions to come together in order to help our emotions move and shift. This can be anything that has a beginning and an end, and allows us to use our senses to create something we enjoy.

Spending time with anything that brings you joy – whether it's through your own activities or enjoying other people's expressions of joy – relaxes our minds and bodies.

Tell a joke, read a funny book, get silly with your family, or watch a comedy. Finding humour and