

## 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

Hoarding  
supplies

Eating more (or less)  
than we need

Identifying what  
we can control  
and what we  
can merely  
influence

Considering  
the validity of  
information  
before  
sharing it

Checking news  
multiple times  
a day

Isolating  
ourselves

Complaining

## 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.

Being  
distrustful of  
others

Harboring  
conspiratorial  
thinking



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School of Medicine

Office of Physician Vitality

LLUMC Office of Employee Spiritual Care