

Right now, I am fine.



**Written by  
Dr. Daniela Owen**

**Illustrated by  
Gülce Baycik**

## **About the Book**

This book is for anyone affected by worries, fears, discomfort, or nagging thoughts about the Coronavirus (Covid-19). This is a scary time in the world, full of uncertainty and changes. But the good news is, there are things that we can do to take good care of ourselves. This book explains what you can do to keep your mind and body calm now and during any hard time.

This book could never have been made without the technological, design, and emotional support of the author's brilliant and talented husband, Jesse Solomon.

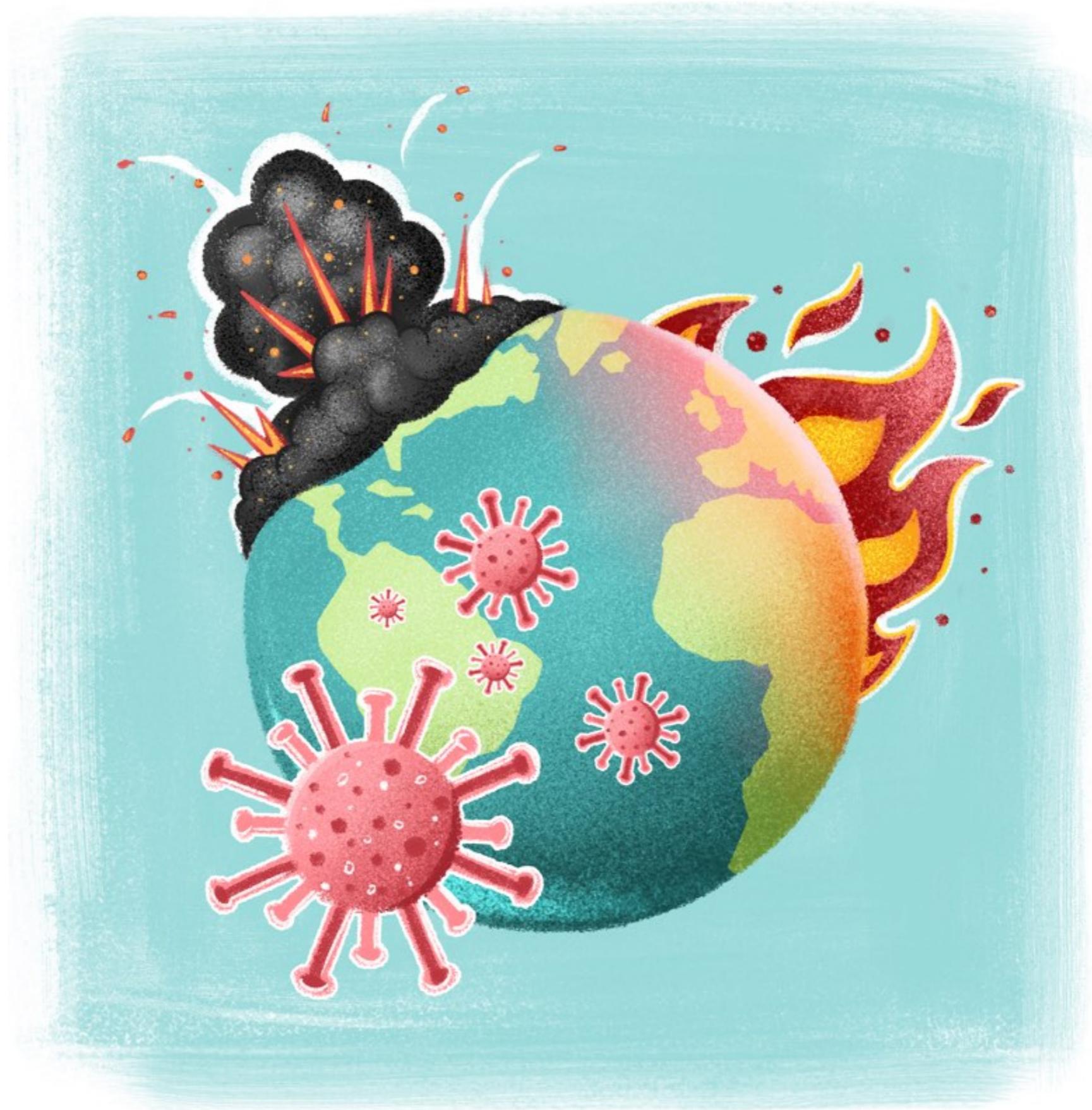
## **About the Author**

Daniela Owen, Ph.D. is a clinical psychologist in the San Francisco Bay Area. She works primarily with children, adolescents, and their families and specializes in using evidence-based treatments to help with managing anxiety. She hopes that this book can serve as a useful resource to families coping with this difficult time.

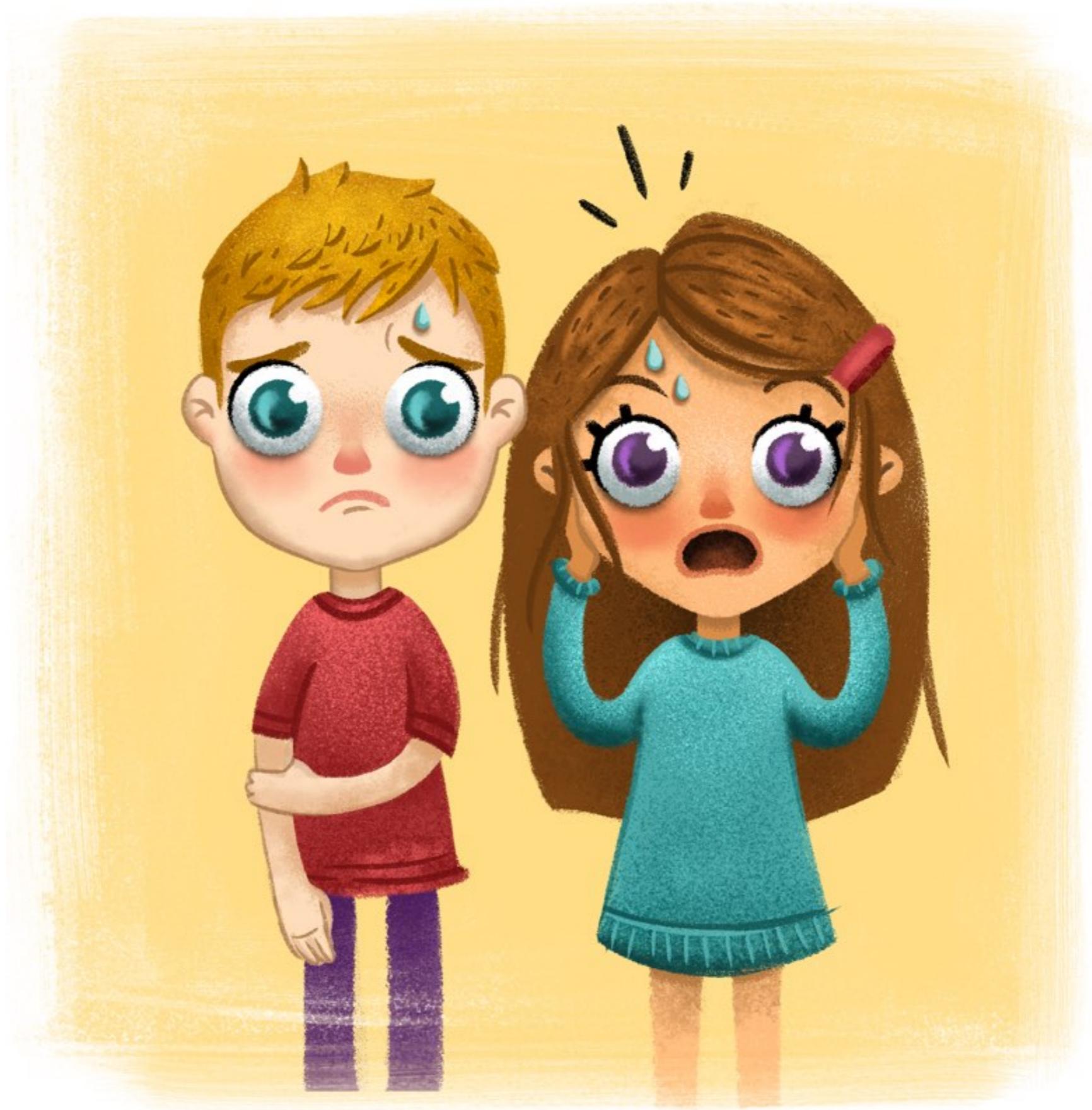
For more about the author please go to: <https://rightnowiamfine.wordpress.com/about/>

## **About the Illustrator**

Gülce Baycık is a full-time illustration and art direction freelancer in Turkey. Gülce graduated from Sabancı University with a degree in Visual Arts and Communication Design. She has worked at several global advertising agencies and currently focuses exclusively on freelance work.



Sometimes bad things happen in the world.



And they make us feel scared.



Sometimes these things make us worry a lot about what is going to happen.



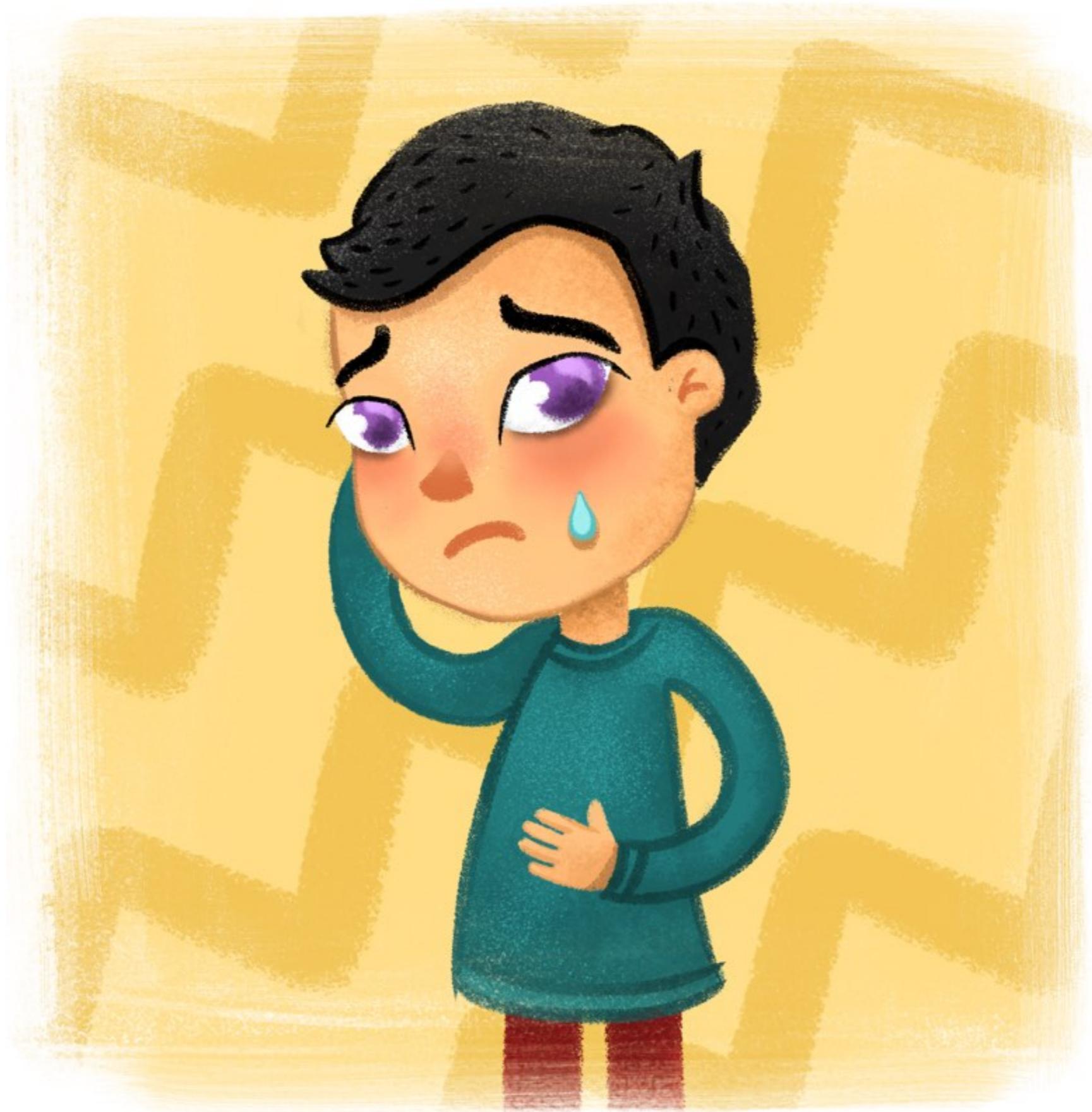
Our families, and friends, and neighbors may all be affected.



Things might get worse.



The bad thing may cause other bad things to happen.



All of this worry can make us feel terrible.



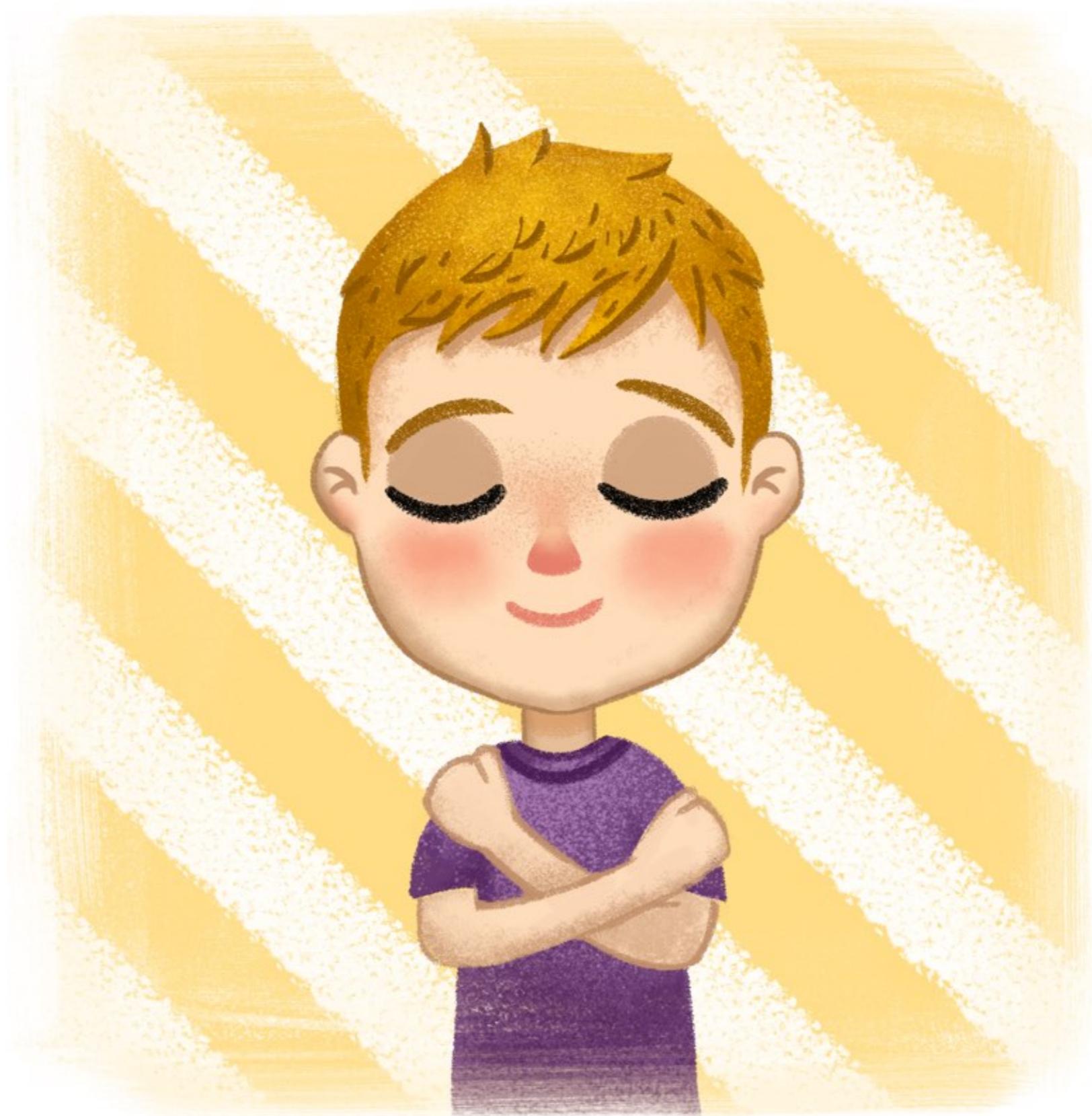
Our tummies may feel like they're tied up in knots.



It may feel hard to breathe (like elephants are sitting on our chests).



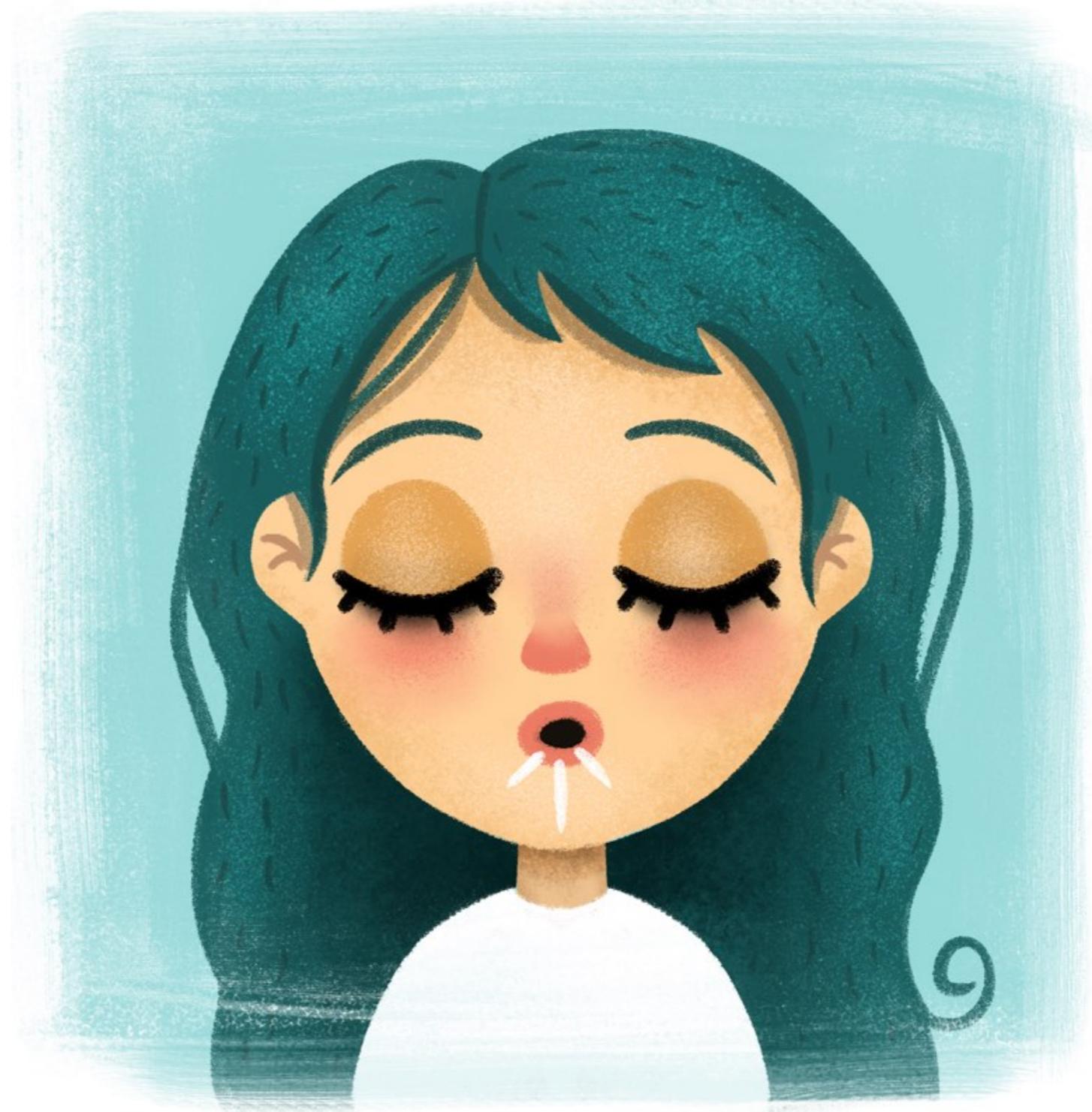
Our heads may be so full of worry thoughts that we can't concentrate on anything else.



But when this happens, it is important to remind ourselves that we are fine, right now.



If you are willing to, close your eyes.



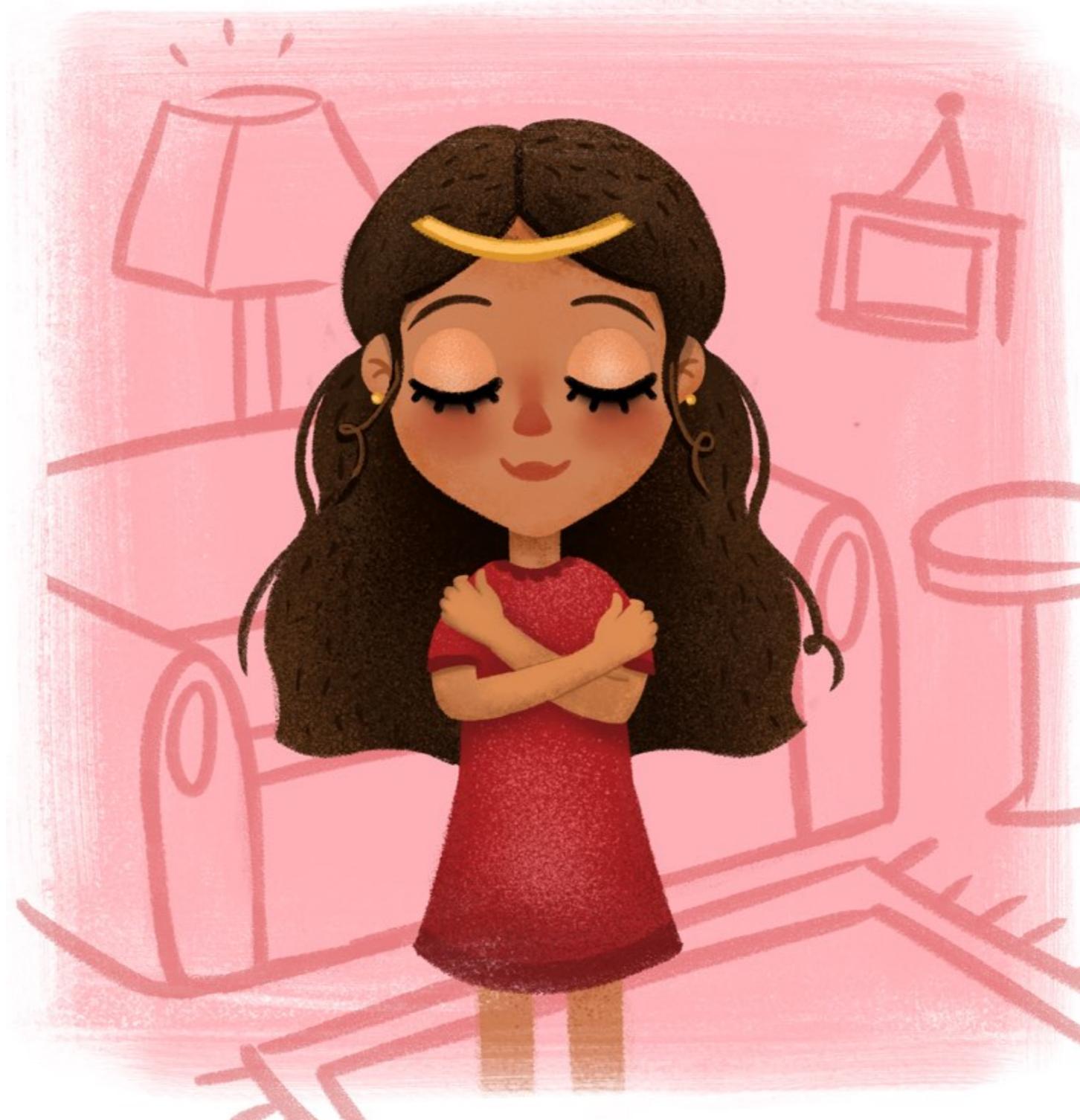
Start by taking 3 deep breaths. Breathe in slowly...  
Breathe out slowly. Breathe in slowly... Breathe out  
slowly. Breathe in slowly... Breathe out slowly.



Now remind yourself: Right now, I am fine.



Now, keep your eyes closed and gently wrap your arms around your body to give yourself a big, warm hug.



You can handle this because right now, at this very moment, you are here, and you are not in immediate danger.



Let your body relax a little. Drop your shoulders. Wiggle your legs. You don't have to be on high alert right this minute.



Let worry thoughts drift out of your brain.



The bad thing is still happening, but you don't have to worry about it so much right this minute.



Refocus your attention on your breathing, slowly in and out. Right now, you are fine.



Because you are fine right now, what else can you do?



Can you draw a picture?



Can you look out the window at things outside?



Can you read a book?



Can you play a game?



Can you cuddle a pet or a stuffed animal?



Remind yourself, Right now, I am fine.