Level of Worry (1-10)	Function?	Triggers that don't help	Control? (Y/N)	If control → What can I do? (PLAN)	If no control → How can I cope?	How often do I need to revise?	People and resources that help me calm down
"I Might get sick" 7	Self-protection, safety, health	e.g., reading about death rates, watching the news	Y	Practice social distancing, get sleep, wash hands	Limit social media consumption, self-care behaviors	Weekly	Talking with my sister, who is a nurse, distracting myself with comedies, reading stories of hope and resilience