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