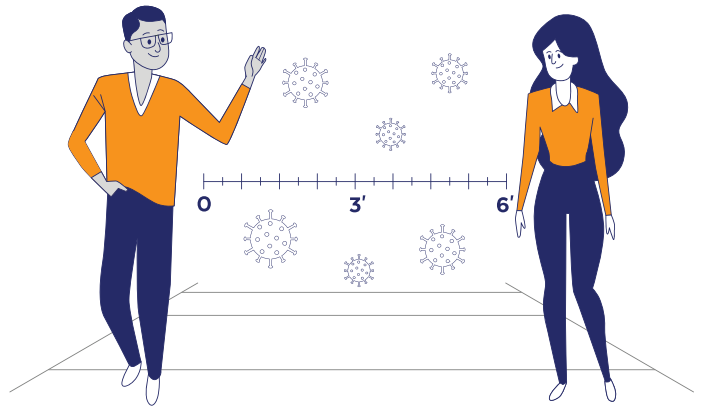


10 WAYS

To Mitigate COVID-19 Uncertainty and build resiliency



Breathe

Stop, breathe, and be present. Short “breath breaks” throughout the day can ground and center you. Try an on-line or app-based guided relaxation or meditation.



Disconnect

Take periodic breaks from social media and the news and use the time for self-care and connecting with coworkers, friends and family members.



Connect

Call or text a friend or set up a check-in meeting with a colleague or family member. Social connectedness is a key resiliency protective factor.



Take it Easy

Be kind to yourself; this is a global pandemic. Give yourself a break when needed – we can't expect perfection.



Exercise

Go for a walk, jog, stretch, bike ride, or just move! Taking care of your body is as important as your mind and is a great stress-reliever.



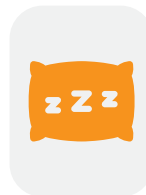
Be Thankful

Express gratitude. Saying thanks, acknowledging people, and sharing kudos is associated with enhanced resilience and well-being.



Create a Routine

Establishing a pattern or daily discipline helps give structure in the midst of what can seem like chaos. Start a daily journal, set a fixed time to reflect about your day, or set up brief “standing meetings” with colleagues and peers to check-in together.



Get Some Rest

No one can function effectively without enough rest; make sure you are getting the sleep you need to wake up refreshed!



Learn

Focus on opportunities to learn from your experience and think about how to adapt and grow even as deal with adversity and stress. Post-traumatic growth comes from adapting to and learning from crisis.



Remember You are NOT Alone - Seek Help When Needed

It is OK to not be “OK” – seeking help from friends and family is a great strategy but if things get too overwhelming or you are unable to function as you normally do, contact a professional mental health provider. Many services are being offered through telehealth to help make access easier.