

# Emotional Resiliency Tips

Uneasiness and anxiety is a normal human response to circumstances beyond our control. Situations like death, disaster and disease can leave us feeling helpless and afraid. The good news is that we don't have to be distressed or panic regarding COVID-19. We can take action on our own behalf to strengthen our emotional resiliency. Here are some tips you can try.

<p><b>Stay Connected</b></p> <p>Social Distancing is not the same as social isolation. Be intentional about having phone conversations with friends and family. Be sure to talk about something other than the Coronavirus. If you need additional support, you can call a Warm Line or check out an online support group.</p> <p><b>Warm Lines</b></p> <p><u>Illinois Warm Line</u> (866-359-7953) Monday through Friday 8:00am-5:00pm</p> <p><u>National Peer Support Network</u> (888-448-9777) Monday through Friday 5:00pm-10:00pm &amp; Saturdays 11:00am-4:00pm</p> <p><b>Support Group</b> <u>GROW in America</u> (Karen.Shan@growinamerica.org) Mondays 6:30pm-8:30pm</p> <p>Remember, we're all in this together. Stay in touch through phone calls, texting and email messages.</p>	<p><b>Go Outside</b></p> <p>On sunny days, take a walk around the block or go to the park. Avoiding people gatherings doesn't mean you need to stay indoors. Plus, it's good exercise. Smell the roses and bask in sunshine!</p>	<p><b>Pray Together</b></p> <p>If you typically meet with small groups for prayer, try a phone prayer line. If your phone plan does not allow you to add additional callers try one of these free services.</p> <p><a href="http://freeconferencecall.com">freeconferencecall.com</a> <a href="http://freeconference.com">freeconference.com</a></p> <p>If you use facebook, type "COVID-19 Global Prayer" into the facebook search engine for a prayer gathering.</p>
<p><b>Enjoy Yourself</b></p> <p>When your schedule is interrupted and you unexpectedly have some free time, use it to do something you enjoy. Read a book. Take a bubble bath. Try cooking a new recipe. Time is a valuable gift. Use it to refresh and rejuvenate.</p>	<p><b>Capture History</b></p> <p>This is history in the making! We can journal, photograph and truly make memories to be shared with future generations. Try reframing this experience as an adventure. Write about how you began to realize the impact of COVID-19. Remember to include how you overcame any fears or challenges. Take a picture of empty store shelves and journal about something you noticed that was especially meaningful during this time. As you approach each day, think about how you want to be remembered. We may not choose inconvenience or adversity, but it will pass and now is the time to choose what will become our history.</p>	
<p><b>Express Gratitude</b></p> <p>When you wake up in the morning, say outloud that you are grateful to live another day. When people ask how you are, you can say "Today, I'm thankful for ____" and then fill in the blank. Ask others what they are thankful for. Express your gratitude often, outloud and in writing.</p>		
<p><b>Sabbath Service</b></p> <p>If your faith community has suspended services (or if you choose to stay home), there are many online options. Check with your local clergy to find out if your religious tradition has a livestream recommendation.</p>		
<p><b>Make Plans</b></p> <p>Some things may need to be cancelled, but our focus doesn't need to be limited to cancellations and putting things on hold. Spend some time dreaming about what you would like to do once this season has passed. Everyone in your household can make a "Vision Board" by cutting pictures from old magazines and pasting them into a large collage. Remember, dreams come in all sizes—small, medium and large.</p>	<p><b>Exercise Patience</b></p> <p>You may have to wait on a few things. Try to be nice to people. We can make things better or make them worse.</p>	