

### Overview

The COVID-19 pandemic is impacting most aspects of our daily lives. As we all continue to learn and navigate through these unprecedented challenges in both our work and home lives, it is **resilience** that can carry us through. Resilience doesn't remove the pain and stress from our lives, but it does boost our ability to handle any challenges that come our way.

### Boost Your Resilience with Three Subtle Changes

It can be easy to feel stressed and helpless about the current state of the world, while abiding by the stay-at-home advisory. In these times, it matters more than ever that we stay hopeful, positive and connected to ourselves and others. But how can we do this? The answer is these three small changes that you can incorporate into your day from the time you wake up.

1. **Wake up and breathe intention into your day.** Intention is the underlying aim that motivates what we think, say or do. When we set positive intentions, we can override the unintentional feelings and behaviors that can flood our day, such as frustration, impatience and anger.
  - As soon as you wake up in the morning, sit up in your bed (straight spine), close your eyes, and relax your body.
  - Take a few deep breaths in through your nose and out through your mouth and then continue to notice your breath as you breathe normally.
  - Set an intention for the day: "Today I will \_\_\_\_\_." For example, "Today, I will be kind to myself; be patient with others; believe in my abilities; give generously; be present with my children," or anything else you feel is important.
  - Revisit your intention throughout the day and find ways to follow through.
2. **Celebrate the small wins early!** From the time you wake up in the morning acknowledge and celebrate the small victories. These might include the special breakfast you made for your children, the contribution you made to your video conference, or the walk you took with your partner for a brain break.
3. **Cultivating an attitude of gratitude.** Approach your day with the intention of having an attitude for gratitude. Gratitude changes how you see the world and creates a filter through which you experience more joy, happiness, and physical and emotional health!

### Building your Perseverance Toolkit

Each person's pathway to resilience looks different. Try on or more of these strategies to build your perseverance toolkit.

- **Recall your triumphs.** In the midst of a trying time, recall a past challenge you've conquered. You were strong enough to handle that hardship—and you're even stronger because of it.

- **See obstacles as opportunities.** In the end, each setback represents a chance to shine. Many people report better relationships, more self-worth, and a greater appreciation for life after difficulties. You can seek out your own silver lining.
- **Take small steps.** You might not be able to tackle a huge problem all at once. But making even one small move toward a solution can help you take steps toward bigger goals.
- **Practice self-compassion.** Instead of judging or blaming yourself for problems, treat yourself kindly. Consider how you would console a friend in the same situation.
- **Prioritize self-care.** Proper stress management, rest, and exercise boost your ability to cope.
- **Seek support.** Resilience doesn't mean being strong enough to handle burdens alone. Rather, it involves reaching out for help when you need it.

### Articles to Help Support You and Your Family

- [Grieving when confined to your home](#): How can you comfort someone who is experiencing grief related to the coronavirus pandemic when you or they are confined to home?
- [Funerals in the time of Coronavirus](#): How to deal with funeral planning and attending memorials.
- [Caring for Children in a Disaster](#): Tips that can help reduce your children's stress before, during, and after a disaster or traumatic event.
- [Emergency Responders Tips](#): Tips for taking care of yourself, Understand and Identify Burnout and Secondary Traumatic Stress.
- [Disaster Distress Helpline](#): Need help or know someone that does? Call 1-800-985-5990 or text TalkWithUs to 66746.
- [Tools for Tough Times](#): Some topics include financial problems regarding mortgages, rents and debt. Also discusses frugal living ideas for saving money and reducing cost of living expenses.

### Access to EAP Video Series

Login to our EAP website and watch eight short video series. The video series addresses exactly what you're going through right now, the feelings and fears that you may be confronting, and how you can maintain the parts of your life that are already supporting you, while strengthening the parts of your life that need extra attention during this crisis.

How to access video series:

1. Go to [HealthcareEAP.com](https://HealthcareEAP.com)
2. Click on "Employee Login" and register
3. Click "Coronavirus (COVID 19) Resource and Training Center"
4. Click on tile square, "Addressing Your Wellbeing"
5. Click on "Highest Rated" Tab and navigate to #9 – Video Series