

Staying Resilient During the COVID-19 Crisis

1. Stay connected to friends and family via phone, text, email, Face Time, etc. Don't let physical isolation turn into emotional distance. You need people. Assisting others in their time of need also can benefit the helper. Offer to drop off groceries for a neighbor that can't leave home, for instance. Call to check in on others.
2. Challenge your thinking. This is the key to reducing fear and anxiety. It's normal to worry, but our thinking has to stay rational. You can't change the fact that this highly stressful event is happening, but you can change how you interpret and respond to it. Stay grounded and ask yourself grounding questions. Are you OK? Is your family OK? Is there anything I can do to make this situation any different? Life is going on around you, even if it looks very different.
3. Take a media break. It is good to be informed, but there is no need to be glued to your phone, radio or TV. Investigating the latest about the coronavirus 24/7 is not beneficial. Take some time away from your phone, computer and TV and give yourself a break.
4. Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away. Reschedule plans if necessary, instead of worrying about whether or not they will get canceled.
5. Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.
6. Nurture positivity. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience. Reflect on your strengths, gifts and blessings. What is going well? Is there an unforeseen upside to this situation for you?
7. Keep things in perspective. The situation is serious and the onslaught of news reports can be scary, but try to consider the situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion. Avoid thinking about the worst case scenarios. Take things one day at a time.
8. Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.
9. Most importantly, take care of yourself! As we know, washing your hands and avoiding large groups of people is the best way to protect yourself from getting sick. Getting sufficient sleep, fresh air and exercise is another key to staying healthy. But don't forget to pay attention to your needs and feelings. What has helped you feel your best in the past and can you do that now? Engage in activities that you enjoy and find relaxing. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful. Meditation and spiritual practices help some people build connections and restore hope.

The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.

Resources for maintaining good mental health during COVID-19 crisis

Information from the 211 network about COVID-19- <http://www.211.org/services/covid19>

Managing Stress and Anxiety-CDC website- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Coping with Anxiety-Good Rx- <https://www.goodrx.com/blog/coronavirus-covid-19-anxiety-how-to-cope/>

Mayo Clinic-**Helping Kids Cope**- <https://newsnetwork.mayoclinic.org/discussion/helping-kids-cope-with-the-covid-19-pandemic/>

Information and Resources from NAMI- <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

Find WI resources for child care, financial assistance, health and social services-
<https://www.childcareaware.org/state/wisconsin/>

Applications

The Calm App- for meditation and sleep, breathing exercises, soothing nature sounds, and music to help you focus, relax and sleep

Self Help for Anxiety Management App (SAM) – just like the name implies

#Mindful App- provides daily doses of mindfulness practices

****ThedaCare Employee Assistance Program- 800.236.3666- Telephonic services are available 24/7 and in person appointments available as able.****

*Information current as of 3-18-2020, content subject to change

Contact the EAP at 920.749.2390 or 800.236.3666 for more information.