BUILDING RESILIENCE DURING COVID-19

COVID-19 has put EVERYONE outside their comfort zone.

It may feel uncomfortable and not ‘normal’ to keep working, when everybody else is sheltering. You may feel like you are simply putting one foot in front of the other.

Building resilience does more than help you cope with challenges. True resilience helps you actually move forward and THRIVE in the face of adversity.

Here are some steps to build resilience:

BE SELF-AWARE
Take time to process where you are and how you feel.

Everyone reacts to stress differently, and it’s important to understand how you are responding so you can address it.

PRACTICE SELF CARE
Eat healthy foods, exercise, and take time to relax and do things you enjoy. Look into free resources such as apps or online videos to help set you up for success.
Resilience does not mean that you don’t face tough times.

It simply means that you are able to bounce back when life does get challenging.

**BUILD CONNECTIONS**
Reach out to friends and family to offer and receive support.

Take some time for one-on-one with your kids or partner.

Remember that we are all in this together.

**FIND SOME CONTROL**
There’s a lot we can’t control, but there is a lot we can.

Focus on what you are able to control, instead of wasting time and energy on things that we cannot change.

Breaking the ‘new normal’ into do-able chunks helps make coping more manageable.

For more ways to connect, go to [TellMeHowSTL.com](http://TellMeHowSTL.com)