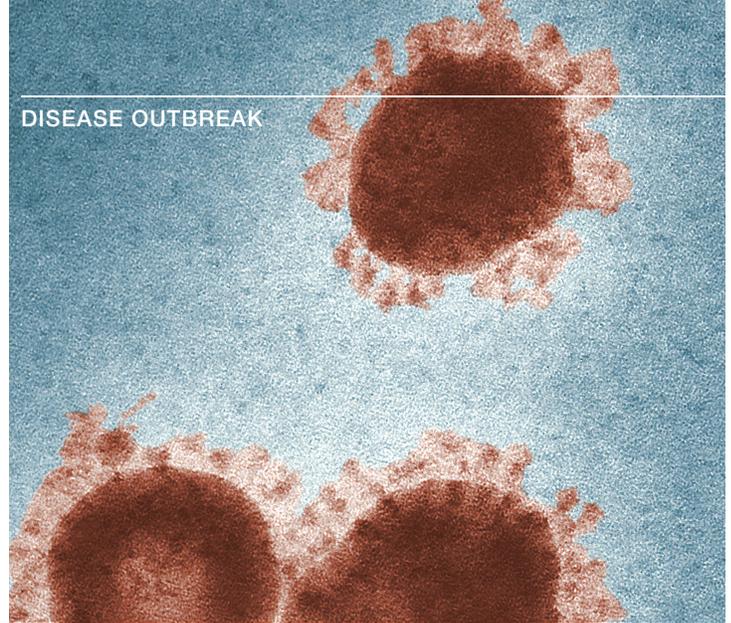


Due to the uncertainty surrounding the COVID-19 pandemic, resilience may play a significant role in helping you face challenges presented by the coronavirus.



Coronavirus

Encouraging Resilience

Stress caused by COVID-19 is overwhelming and it can be difficult to maintain emotional health during this time. Though physical health is a top concern as we anxiously await updates on containment of the outbreak, we're also worrying about job loss, financial fallout, school closures, grief and uncertainty about the future.

Resilience can help you get through these challenging times. **Resilience is the process of adapting in the face of adversity, trauma, tragedy or other significant sources of stress.** Becoming resilient helps you work through difficult events, and also helps you grow and improve your life even in the absence of adversity. It includes learning from past experiences and developing new coping strategies moving forward.

By striving to be better at each of the following, you will naturally increase your ability to be resilient not only during the current Coronavirus (COVID-19) pandemic, but in your every day life:

- Have a sense of purpose
- Have a positive outlook
- Take an active approach to problem-solving
- Build relationships
- Have a sense of humor
- Expect change and continue to learn
- Care for yourself

For more tools to help build resilience, visit our Health Resource Library. The following titles are examples of materials offered in the COVID-19 Resource Center:

- *How to Cultivate Resilience in Times of Change*
- *Make Three Subtle Changes to Your Morning Routine and Boost Your Resilience Tenfold*
- *Developing Self-Reliance and Perseverance Skills at Home*
- *Making Self-Care a Priority*
- *It's Time to Think Positive*
- *The Power of Resilience*

The COVID-19 Resource Center can be found in the "Library" section of EAP4YOU.com.

As always, your EAP is here for you and your family. There are a variety of ways to connect with your EAP including: telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at EAP4YOU.com, through video, live chat or text message. Reach out to learn more about the many ways you can receive support from your Employee Assistance Program.