



**MediCard**  
*Prescribed by Doctors*



# FOCUSED LEARNING ABOUT SAFETY AND HEALTH

## RESILIENCE DURING THE PANDEMIC

It has been months since the declaration of the Pandemic. We continue to face challenges one way or another. Becoming more resilient not only helps us get through difficult circumstances, it also empowers us to grow and even improve your life along the way.



### WHAT IS RESILIENCE?

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It involves “bouncing back” from these difficult experiences and can involve profound personal growth. Resilience involves behaviors, thoughts and actions that anyone can learn and develop.

Resilience is a multidimensional concept which seeks to explain how some individuals can attain, maintain, or regain well-being in the face of hardship. It encompasses an individual’s current coping resources in response to stressors, and their ability to effectively adapt these resources to manage new stressful situations

### TIPS TO IMPROVE YOUR RESILIENCE



**GET CONNECTED.** Building strong, positive relationships with loved ones and friends can provide you with needed support and acceptance in good and bad times. Establish other important connections by volunteering or joining a faith or spiritual community.



**MAKE EVERY DAY MEANINGFUL.** Do something that gives you a sense of accomplishment and purpose every day. Set goals to help you look toward the future with meaning. Learn from experience. Think of how you’ve coped with hardships in the past. Consider the skills and strategies that helped you through difficult times. You might even write about past experiences in a journal to help you identify positive and negative behavior patterns — and guide your future behavior.

**REMAIN HOPEFUL.** You can’t change the past, but you can always look toward the future. Accepting and even anticipating change makes it easier to adapt and view new challenges with less anxiety.



**TAKE CARE OF YOURSELF.** Tend to your own needs and feelings. Participate in activities and hobbies you enjoy. Include physical activity in your daily routine. Get plenty of sleep. Eat a healthy diet. Practice stress management and relaxation techniques, such as yoga, meditation, guided imagery, deep breathing or prayer.

**BE PROACTIVE.** Don’t ignore your problems. Instead, figure out what needs to be done, make a plan, and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.



### WHEN TO SEEK PROFESSIONAL ADVICE

Becoming more resilient takes time and practice. If you don’t feel you’re making progress — or you don’t know where to start — consider talking to a mental health professional. With guidance, you can improve your resiliency and mental well-being.