



GET FIT-STAY FIT - Resilience

Are you feeling off-balance? If so, you're not alone. Concerns about COVID-19 have brought rapid changes, which can bring stress, anxiety and fear.

How do we cope and practice resilience during uncertain times? Let's remember our wholeness and connections. You may want to check in with yourself and others: How are you feeling, not just your temperature, but in all dimensions of your well-being? Actively manage stress, move your body, sleep and practice mindfulness, watch for not-so-positive means of coping and find your new normal.

Don't Forget: Move your body.

Movement is a great way to relieve stress, notice the big wide world, and get fresh air. MapMyWalk, Fitbit, Samsung Health are all apps you can use to track your steps.



Tips for coping and practicing resilience

Give grace. Stress uses up a lot of energy. Many feel unfocused and unproductive. Allow yourself to dial down your expectations of yourself and others a bit.

Keep up your social connections. Those connections can mean the world. This is the time to stay in touch and be supportive of each other. Check in on your: family members, friends, colleagues. You might choose one person a day to connect with. Ask how they're doing. Let them know you care and that you are thinking about them. Many people are turning to various cloud platforms, such as: "Zoom" for virtual get togethers, video conferencing. Imagine what you can do virtually, the possibilities are endless, whether in pairs, in small groups, or in larger gatherings, such as:

- Read a book together
- Have a dance party
- Have a virtual brunch/dinner
- Get coffee together
- Share struggles
- Share a bedtime story
- Watch a movie & talk together
- Read an article & discuss it