Stay strong

Staying resilient through COVID-19

In challenging times, resilience — or the ability to stay strong and bounce back — is more important than ever. Whatever your role in your organization, you can boost resilience for yourself and those you work with. These tips can help:

Support your colleagues. Even if you're working remotely, you may be able to tell if a colleague could be feeling under the weather from tone of voice or other cues such as:

• Starting work late

• Complaining about feeling tired or stressed

• Having trouble adapting to changes

• Missing deadlines

• Forgetting things

If you notice a sign that someone's having trouble, try to get him or her to share what's going on. Ask questions. Make yourself familiar with the latest policies and resources so you can offer supportive information. Encourage colleagues to worry less about things beyond their control.

Schedule time to connect. Whether or not you're working in the same place, be sure to keep up your human interactions. Use technology to stay in touch. Ask others how they're doing and really listen to their responses. Share what you're going through, too.

Resources *for* **Living**®

Practice good self-care. It's important to take time for yourself — eat well, stick to an exercise routine and find things to do that won't increase your risk for COVID-19. Exercising, reading, practicing yoga or playing games are just a few examples of things you might enjoy.

For every negative news story you hear or read, find two positive ones. The current headlines are enough to get anyone down. Seek out uplifting news or stories to help boost your mood. Funny videos count, too.

Practice a random act of virtual kindness. Send someone a compliment or offer to be a resource for information and support.

By making resilience a priority, you can contribute to a culture that helps everyone stay strong through tough times.

Resources *for* **Living**®