

Cultivate Resilience in Times of Uncertainty

1

Feelings are information; they help us figure out what we need. Ask yourself, "What is this feeling telling me?" All of our feelings deserve some attention. The ones that serve us best are the ones we take the time to notice and nurture.

2

In times of uncertainty, it helps to list what we can be certain of, what we can count on in spite of what's happening in the world around us. The list may be different for each of us, but should include ways in which we can count on ourselves and others.

3

The pandemic is a new experience, but we have all had intense emotions in the past. Recalling past successes reminds us of our strength. Ask yourself, "How have I dealt with similar feelings before in healthy ways?"

4

We gain a sense of control and accomplishment when we make small, positive change over any aspect of our lives. Choose a healthy meal, take a walk, clean a closet, help a friend. Ask yourself, "What's one small thing I can do that would feel like an achievement?"

5

Rituals, traditions, and acts of generosity and service give us meaning and purpose, even if we experience them in new and different ways. Ask yourself, "How can I reconnect? How can I help?"

6

Practice resourcefulness internally: set a schedule, take another's perspective, solve a problem collaboratively, check your self-talk, and manage your media diet. Practice resourcefulness externally: ask for help, find trustworthy information, and seek out community organizations and agencies for support.

7

Worrying is a dead-end; wondering is a place to start. Rewriting our worries as curious wonderings helps mobilize us toward proactive solutions. Instead of worrying, ask yourself, "I wonder what I can do if...? I wonder who might help with this? I wonder what others are doing?"

8

Surrounding ourselves with stable and caring people -- and striving to be stable and caring for others -- is a source of strength in uncertain times. Perfection and answers are not required, it's enough to be heard and seen. Ask yourself, "Who can I reach out to, and who can reach out to me?"