A Path to Resilience in the Face of COVID-19

Four scientifically-backed* techniques to help instill calm, control, and hope. Practice these daily with your loved ones.

1. **Breathe deeply**
   Calming your mind and reducing anxiety begins with catching your breath.
   
   **TRY THIS EXERCISE:**
   - Take a deep breath in over four counts.
   - Hold while counting to four.
   - Exhale over four counts.
   - Hold again for four.
   - Repeat.

2. **Set small goals**
   An achievable goal gives us purpose and control in uncertain times. Set specific, short-term goals for your situation.
   
   **FOR EXAMPLE:**
   - I will make social distancing a priority. I will make a weekly call with friends, family, and neighbors.
   - I will read one news article each morning during the isolation period.

3. **Reframe thinking**
   Challenge negative and catastrophic thoughts to take away their power. Focus on things you can control.
   
   **FOR EXAMPLE:**
   - My mother is a high-risk category. The goal: COVID-19 won’t hurt her. My dad is in a high-risk category and I’m worried, but my worry is normal. He’s keeping his distance from others and will check in tomorrow.
   - Have onemalı and read what I can write the work-related. This is an excellent way to feel what I am used to doing, but will do it each day as I can. I am doing the best I can for my work and my family.

4. **Practice gratitude**
   Finding gratitude reminds us of what we do have and what is going right.
   
   **ASK YOURSELF:**
   - What are you thankful for?
   - What are you thankful for?
   - What did you notice that made you smile?
   - What do you love about your loved one?

*The research is based on a scientific and evidence-based program for people with anxiety and resilience that was developed by Dr. Amy Bernstein, Ph.D., and psychologist Jennifer Walker-Dailey. For more information, visit https://www.mentalhealthamerica.net/.

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