

Building Resilience in Challenging Times



Good happens. Bad happens. **Life happens.**

The two most common reactions to difficulty in life are fight and flight. We either try to take control of the situation or run away from it, even though both options often do more harm than good. The good news is that there are other ways to cope with the mental and emotional strain of challenging situations.

Shift your perspective. Start by noticing and naming the situations that push you to fight or flight. Don't treat them as the enemy. Just observe them as if they belonged to someone else. This allows us to see them without feeling them.

Define your values. Values give us a sense of direction and shape our goals. We feel most fulfilled when we are mindful of what we want to be like. Start a list of the things that are most important to you. Then revisit and adjust that list over time, using it as a reminder of the things that matter most each day.

Practice Present Awareness. Life does not stop for any of us. Crying kids, work demands, and concerns about germs seem endless. We often allow our immediate thoughts and emotions to distract us from focusing on the values and goals that truly matter. When you notice yourself getting off-track, take a few minutes to do the following:

1. Pause what you're doing and mindfully focus on your breathing.
2. Draw your attention to the world around you by using your five senses.
3. Acknowledge the thoughts, emotions, sensations and impulses that are distracting to you. Do you notice any unhelpful patterns? Do you eat for comfort, put off duties, or isolate yourself? Does your internal struggle spill out as worry, guilt, or tension with others? Write down these observations.
4. Recommit to your core values as you go forward.

Remember, you can always utilize Learn to Live's audio-guided Present Awareness tool in our Stress, Anxiety and Worry program (lesson 6).

If you or a loved one are having a hard time with the challenges of COVID-19, try one or more of the strategies above and see if it makes a difference. It's easy to get distracted but taking purposeful action can help us regain our footing and stay on track with the things we care about most.

To learn more about building resiliency in challenging times, you can watch this presentation at learntolive.com/webinars.

For more ways to manage stress, employees and family members can visit learntolive.com/partners and use the code **INTACT1**. If you're already a Learn to Live member, simply sign-in with your username and password.