

Resilience during Uncertainty

We're all in this together



6 feet

How do we experience the new lines that define our private and public lives?

apart

Naming

Uncertainty &

Fear:

- Our health
- Health of loved ones
- Our family's financial stability
- Our own learning
- Our wellbeing
- Disrupted routines and activities
- Impact of stress on relationships
- We miss our friends!

???

resilience:

“an ability to recover from or adjust easily to misfortune or change.”

—Merriam-Webster Dictionary

What does resilience Look like today?

- for ourselves
- for our families
- for our communities
- for our world

Resilience Factors



Promote Emotional Health



- Allow and **accept** difficult emotions to come, and go
 - Fear, sadness, nervousness, anger, anxiety . . .
- Establish (new) daily routines that provide structure, predictability, purpose, & **flexibility**
- Prioritize and model self-care
- Practice gratitude and silver-lining thinking

Inbox Update: What's **NOT** Canceled?!?



- Learning
- FAMILY
- RELATIONSHIPS
- READING
- Nature
- Love
- SELF-reliance
- FINDING ways TO HELP
each other
- LAUGHTER