Resilience during Uncertainty

We’re all in this together
6 feet apart

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