

# Building Resilience in a Time of Uncertainty

COVID-19 Pandemic Leading to:

- \*Uncertainty - Anxiety
- \*Social Isolation -Depression
- \*Disrupted Daily Routines
- \*Financial Stress
- \*Uncertain future
- \*Worry self/family member's health
- \*Social unrest, safety concerns



or



Though we can't control the situations life throws at us, we always have a choice in how we react to them

Resilience: ability to recover from or adjust to misfortune or change

### Cultivate, foster and nurture

- We are *all* resilient
- Resilience is a power that we *all* carry *inside* of ourselves
- Building resilience is a process, just like building muscles at the gym
- With intention and practice, we can strengthen our mental resilience

### To bend without break

[abeautifulmessinside.com](http://abeautifulmessinside.com) 

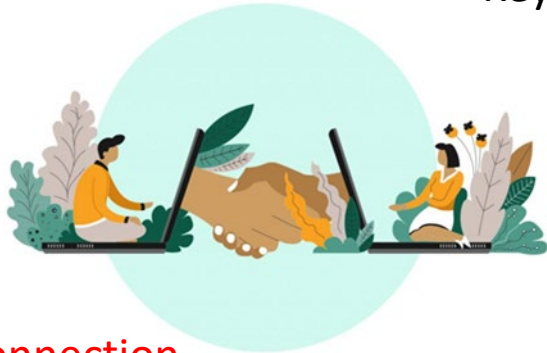
The human capacity for burden is like bamboo - far more flexible than you'd ever believe at first glance.  
— Jodi Picoult





Cultivate/Foster/Nurture Resilience

## Keys to Build Resilience

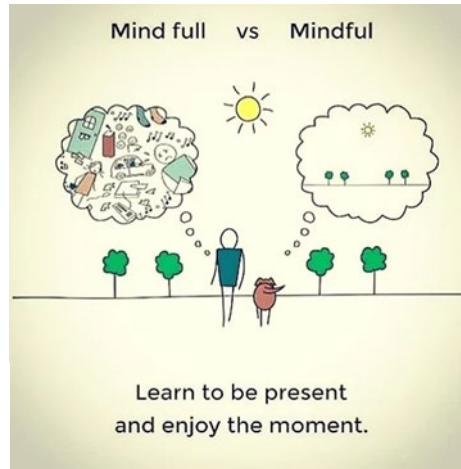


Connection,  
the heart of resilience  
CRISIS

危機

Danger Opportunity

In every crisis lies the seed of opportunity  
Positive psychology and growth mindset



- \*Bad things happen & suffering occurs
- \*Everything changes
- \*Being present
- \*Practice self-compassion



Serve others  
Pay it forward  
Acts of kindness

# In Summary

- Connection to others is at the Heart of Resilience\*
- Key Tool for Developing Resilience (flexibility) is Mindfulness
- Cultivate Positivity with a Growth Mindset (take the bad with the good)
- Perseverance and Self-Regulation
- Resilience: Practice— Acts of kindness
- Resilience: Practice— Gratitude
  - *May we be happy*
  - *May we be healthy in body and mind*
  - *May we be safe from inner and outer danger*
  - *May we live with ease*