

RESILIENCE IN THE TIME OF CORONAVIRUS!

It is times like these when the strength of our community means the most...Ronald Lauder

WHAT TO KNOW!

- ❖ Never before have we experienced such a deadly pandemic as Covid-19
- ❖ Viruses are incredibly small; 100 million coronavirus particles can fit on the head of a pin and spread easily through droplets from sneezes and coughs
- ❖ The virus is spread so easily that one of the best ways to limit the spread is to have no contact with others
- ❖ Psychologically, our sense of security, time, finances, independence, control over our lives, patterns of behavior, and freedom have all been upended and challenged
- ❖ The best way for you to live with this situation is to commit yourself to being resilient
- ❖ Resilience is:
 - ❖ the ability to overcome adversity by developing emotional strength
 - ❖ the capacity to maintain one's self esteem while in threatening or hurtful situations
 - ❖ the ability to bounce back from a setback, loss, illness, death of a loved one, trauma
- ❖ Being resilient means committing oneself to having optimism, a positive mental attitude, hope, self-control, and flexibility

WHAT TO DO!

- ❖ **Care for yourself:** shower daily, brush your teeth, make your bed, change your clothes
- ❖ **Practice gratitude** by helping others
- ❖ **Keep busy** so that time will go faster
- ❖ **Reach out to others;** make contact, especially with those you haven't spoken to
- ❖ **Go outside each day** and walk but avoid contact with others
- ❖ **Severely limit** the amount of time spent watching the news
- ❖ **Set a goal** for the day and record your progress
- ❖ **Do the things** you said you would do if you had more time: catalog your photos, clean out clutter, grow your plants and vegetables, give away old clothes, scan/throw out old papers and receipts, make minor repairs, clean your car, organize your CDs, etc.
- ❖ **Read a book, write a book...**or journal your daily thoughts and activities during this time
- ❖ **Practice mindfulness** with a daily 10-minute breathing exercise
- ❖ **Go online** to take a course, watch a movie or concert, attend a virtual opera, take a yoga or fitness class, join a religious group, or livestream to your family and friends
- ❖ **Plan a trip** for when you can travel and research the location
- ❖ **Take up** a craft or an art project
- ❖ **Pet/play** with your cats and dogs
- ❖ **Play board games** and do jigsaw puzzles
- ❖ **Host** a virtual group meeting
- ❖ **Seek** professional help; a therapeutic relationship can help overcome anxiety, depression, loneliness, negativity, and pessimism

WE ARE PRACTICING VIA TELEHEALTH AND CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

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