

RESILIENCY

Resiliency During Crisis: Easing Anxiety



“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

– Socrates

Calming your anxiety in times of stress

- 1. Stay informed to stay safe and stick to trustworthy resources.**
 - Limit how often you check for updates and stay away from media if you start to feel anxious.
- 2. Focus on what you can control.**
 - Write down your worries and list possible solutions. Make a plan!
- 3. Stay connected.**
 - Video chat or talk on the phone with friends and family every day.
- 4. Take care of your body and spirit.**
 - Maintain a routine. Get outside. Exercise. Take time for activities you enjoy. Start a relaxation practice.
- 5. Help others.**
 - Be kind. Donate to food banks. Follow guidelines for preventing the spread of the virus.

For many, uncertainty about the pandemic is hard to handle. So many questions with constantly changing answers can make it difficult to manage anxiety and fear. Healthy coping strategies are so important.

Need more help? EAP – (314) 747-7490 24-hour, virtual hotline available
Visit the [BJC COVID-19](https://www.bjc.org/covid19) site for additional Wellness Resources – [covid19.bjc.org](https://www.bjc.org/covid19)