On-Demand Series
Growing through Crisis
Resilience and Resources during the Covid-19 Pandemic
Building Resiliency in Times of Crisis

You, our caregivers, have done amazing work in recent weeks to prepare for and respond to the COVID-19 outbreak. The work is far from over, and we wanted to acknowledge the commitment that you are all making to care for our community.

The objective of our mental health campaigns this year is to promote well-being and resiliency amongst our caregivers during these difficult and uncertain times, as well as remind you of some of the well-being tools and programs available to you wherever you choose to reach out for help.
Resilient people aren’t luckier—they make a practice of doing the things that keep them afloat. On the next few slides we explore some of the most common habits, actions, and responses of highly resilient people.

Resilience has big benefits. According to meQuilibrium research, resilient people have 46 percent less perceived stress, are five times more likely to have good or excellent health, and have a 66 percent higher quality of life overall.

**Resilience** means having the grit to get through tough times, while feeling confident in yourself and your abilities, bouncing back from adversity, and being in control of stress so that you can move forward and thrive.
The 7 Super Powers of Resilience

1. Master Your Emotions
The ability to control your emotions under pressure is key to resilience. However, we’re born with a tendency to scan the world for “threats” that upend our emotions and compromise our behavior; some of us are quick to anger, anxiety, or frustration; others look for threats to safety.

Action: Uncover your default emotion. The next time something stressful happens, tune into your thinking and start to recognize it. Awareness of our thoughts and emotions is the first, most powerful step toward resilience.

2. Defuse Super Stress
When we resort to those long-held emotional reactions, we act habitually and often impulsively—and become stressed in the process. Instead, when those stressful thoughts and emotions come up, defuse them.

Action: Reframe stressful thoughts. Let’s say you default to anxiety when upset. Catch that stressful thought and turn it around. Nine times out of 10, we’ll overreact to a situation when it’s not warranted, which is the key driver of our stress.

3. Blast Through Problems
Become a more flexible thinker. When confronted with a problem, we’ll tend to get stuck and generalize, telling ourselves that something “always” happens and that “everything” always goes wrong.

Action: Instead of all-or-nothing generalizations, pinpoint a specific issue and a solution. For instance, instead of saying, “I always miss my deadlines and always feel overwhelmed”; try, “I have a heavy workload. Next time I’m offered a daunting project, I’ll talk to my manager about a reasonable timeframe.”
The 7 Super Powers of Resilience

4. Defeat Self-Doubt
Be deliberate in recognizing what you do well; keep track of your successes, even the tiny ones. This boosts motivation and increases positive emotions such as pride.

**Action:** Jot down at least one success a day and refer to the list when you need a resilience power-up.

5. Radiate Good Vibes
Positivity breeds positivity. For instance, studies show that you get a 50 percent increase in the help people will offer you if you simply say “thank you.” “It has benefits for thanker and thankee.

**Power boost:** Go around the dinner table with your family each night and say the good things that happened that day. Find a similar good-vibes routine that works for you.

6. Connect Like a Champion
Adults with strong social networks are more confident, less prone to depression, and live longer.

**Action:** An easy way to connect with others, such as colleagues, is by finding common ground: favorite vacation places, favorite movies, a new restaurant you both love.

7. Kill it with Courage
Lastly, realize that you’re human. It’s natural to focus more on mistakes and regrets, but they’re part of life.

**Action:** Instead of dwelling on missteps, reframe them as learning experiences. Talk about mistakes with family and friends, find humor in them, and share how you might do better next time.
Daily Habits of Resilience

Don’t blame yourself for everything. When life throws a curveball, resilient people don’t waste energy beating themselves up. Acknowledge what is within your control to fix—and what isn’t. Remember that you’re best served if you focus on moving forward.

Reach out. Seek out and surround yourself with supportive people. Anxiety, fear, and loneliness make stress more debilitating; resilient people fight the urge to isolate.

Accept help. Know that there is true strength in admitting you can’t handle it all alone. Don’t be afraid to ask for the support you need. When you feel overwhelmed, delegate. Most importantly, don’t feel guilty about it!

Make peace with the past. Past hurts can take a huge toll on your everyday existence if they are left unprocessed and unresolved. Take some time to sift through your list of grievances and find some peace. Forgiveness is not about the other person—it’s about you.
Daily Habits of Resilience

Make sleep a top priority. Sleep has a huge impact on our mental state and coping abilities. Aim for seven or eight hours of sleep a night and practice good bedtime habits.

Get moving. Resilient people know that they think, behave, and function more effectively when they use their bodies for what they were to design to do: move. Whether it’s a regular brisk walk, a stretch every hour, or an online fitness class, prioritize keeping your body moving.

Accept change. We often use up a lot of energy trying to plan and predict things we could never plan or predict. Highly resilient people are under no illusion that the world is predictable or within their control. Try to allow things to happen instead of making or forcing them to happen.

Resilient people aren’t luckier—they make a practice of doing the things that keep them afloat. How can you practice these daily habits?
Parenting in a Pandemic
One-on-One Time

School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend time with each child if you can. It can be for just 20 minutes, or longer – it’s up to you.

- **Ask your child what they would like to do** - Choosing builds their self-confidence. If they want to do something that isn’t OK with physical distancing, then this is a chance to talk with them about this.

- **Switch off the TV and phone. This is device-free time.** - Read a book, dance to music, do a chore together.

- **Ideas with your teenager:** Cook a meal together, exercise together, and talk about something they like.

- **Ideas with your baby/toddler:** sing songs, play, read a book.
COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

- Create a flexible but consistent daily routine
- Teach your child about keeping safe distances
- Make handwashing and hygiene fun
- You are a model for your child’s behavior

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did. Ask them about their favorite part of the day. Praise yourself for what you did well today. You are a star!
This is a stressful time. Take care of yourself, so you can support your children.

**You are not alone**- Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

**Take a break**- We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

**Listen to your kids**- Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.

**Take a Pause**- [1-minute relaxation](#) activity that you can do whenever you are feeling stressed or worried.
Talking to kids about COVID-19

Be willing to talk. They will already have heard something. Think about how much they will understand. You know them best.

Be open and listen- Allow your child to talk freely. Ask them open questions and find out how much they already know.

Be honest- Always answer their questions truthfully. Think about how old your child is and how much they can understand.

Be supportive- Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them.

It is OK not to know the answers- It is fine to say “We don’t know, but we are working on it; or we don’t know, ‘but we think’.” Use this as an opportunity to learn something new with your child!

Heroes not bullies- Explain that COVID-19 has nothing to do with the way someone looks, where they are from, or what language they speak. Tell your child that we can be compassionate to people who are sick and those who are caring for them.

End on a good note- Check to see if your child is okay. Remind them that you care and that they can talk to you anytime. Then do something fun together!

There are a lot of stories going around- Some may not be true. Use trustworthy sites: WHO and UNICEF.
Nutrition and Cooking Tips
Foods that Fuel Immunity

When it comes to protecting your health, what you eat makes a difference. You can help your body battle colds and viruses by eating foods rich in vitamin C, vitamin B6, and vitamin E — three nutrients essential to immune function.

Get your vitamin C from:
- Bell peppers (fresh or frozen)
- Broccoli (fresh or frozen)
- Grapefruits
- Kale (fresh or frozen)
- Oranges
- Spinach (fresh or frozen)
- Strawberries (fresh or frozen)
- Tangerines

Get your vitamin B6 from:
- Chicken (fresh, frozen, or canned)
- Chickpeas (fresh, canned, or in hummus)
- Green vegetables (fresh or frozen)
- Salmon (fresh, frozen, or canned)
- Tuna (fresh, frozen, or canned)

Get your vitamin E from:
- Nuts and nut butters
- Seed and seed butters
- Spinach (fresh or frozen)

If you have some of these foods on hand, add them to your meals and snacks today.

For eligible Caregivers and their adult family members at risk for type 2 diabetes and heart disease, Omada offers a digital, personalized approach to building healthy habits that last — all under the guidance of a caring health coach. See if you’re eligible for the Omada program. If you qualify, you can join at no cost to you.

Source: 3 Vitamins that are Best for Boosting Your Immunity. Cleveland Clinic. January 2, 2020.
Cooking Through It

Cooking is a passion for some and for others it can be frustrating and time-consuming. Right now many of us feel like we cook all day long, with breakfast, lunch and dinner often all eaten at home. However, cooking is also one of the things that can unite us in an uncertain time. We can cook flavors from around the world- places we have been or dream of going to. We can get creative with our pantry, try making our own bread for the first time, or pasta from scratch. We can get the family involved either in person or through a video call and make cooking a joyous and creative time rather than a hassle. Be easy on yourself- it’s ok if you aren’t eating as healthy as you normally do, or not every meal is perfectly balanced. Cooking can be good for the mind, the body and the wallet- so go ahead and cook through this time of crisis.
Cooking Through It

If you are struggling with ideas and bored with your food choices, here are some easy and flexible meal ideas that likely start with something you already have in your pantry or fridge. Feel free to make changes and substitutions based on your preferences and what you have on hand:

- **Spaghetti Frittata** – eat this one for breakfast or dinner [https://zipongo.com/recipes/262](https://zipongo.com/recipes/262)


- **Cheesy Potatoes** – this uses sweet potatoes but use regular if you only have those on hand, and liven it up with the optional toppings to make it a meal [https://www.epicurious.com/recipes/food/views/cheesy-loaded-sweet-potatoes](https://www.epicurious.com/recipes/food/views/cheesy-loaded-sweet-potatoes)

- **White Beans** – have a lot of white beans in your cupboard? Here are four healthy ways to use them [https://www.mindbodygreen.com/0-27514/how-this-holistic-nutritionist-makes-4-different-meals-from-one-easy-ingredient.html](https://www.mindbodygreen.com/0-27514/how-this-holistic-nutritionist-makes-4-different-meals-from-one-easy-ingredient.html)

- **Fried Rice** – use cooked white or brown rice in this recipe and swap things out depending on what’s in your freezer [https://www.spendwithpennies.com/easy-fried-rice-recipe/](https://www.spendwithpennies.com/easy-fried-rice-recipe/)
Natural Remedies to Help with Stress & Anxiety
Natural Remedies
From the Providence Mental Health Team

One of the best things we can do for our mental health is to reflect and take part in self-care. Below are some stress-relieving activities that you can partake in at home. Be prepared to stop a downward-spiral by putting together a bad-day toolkit, so you have the tools ready to get you through the rough patch. Here’s what you should have on hand:

Inspirational mantras. It can be easy to convince yourself you are a failure if you make a simple mistake. Positive self-talk can change those negative thought patterns that can be so destructive to mental health and well being. Write down some encouraging words that highlight your best qualities (“I am a good and kind friend,” and, “I am creative”) or remind you that the situation is only temporary (“I can grow from this mistake,” and, “This situation doesn’t define who I am”).

Lavender oil or mist. This calming essential oil is great for a relaxing bath that can release tension. It’s also good to put a little bit on your pillow to promote a good night’s rest, which can help improve mood as well as your overall physical health.

Workout clothes. If you’re feeling down, sweat it out. Running, biking, dancing and other types of moderately intense physical activity produce an endorphin rush that is a proven mood booster. Exercise also gives you the perfect chance to practice mindfulness techniques.
Natural Remedies
From the Providence Mental Health Team

Chamomile tea. A cup of tea is a nice way to take a few minutes out of your day to stop and unwind, and chamomile, in particular, has compounds that can elevate your emotional state.

Healthy snacks. If you’re feeling depressed, you may lack the desire to eat, or the thought of making a meal sounds exhausting. Starving yourself won’t help matters, so keep some healthy food on hand that will give you some sustenance and won’t require cooking and prepping. Whenever possible, stay away from processed foods such as nutrition bars or energy drinks and go for whole foods instead, such as nuts, fruits and lean protein.

Mental health apps. There are so many mental health resources right at your fingertips thanks to smartphones. There are apps that offer everything from meditation to relaxation techniques to anxiety management tools.

Mood music. Is there a song that lifts you up or makes you want to get down and boogie? In either case, music can help you strike a more positive note. Create a playlist of all your favorite songs to lighten your mood.
Natural Remedies
From the Providence Mental Health Team

**A good comedy.** For a good laugh, keep a couple of your favorite shows cued up on the DVR or on your streaming service, or just find an old “Seinfeld” rerun. Laughter can reduce stress and create a good distraction.

**A phone number.** Whatever you are struggling with, you don’t have to do it on your own. Keep a trusted friend’s number on speed dial if you need a quick text or chat session. Perhaps it’s the number for your therapist, or a spiritual counselor. If you are prone to severe depression, you may also want to have the number for the National Suicide Prevention Lifeline: 800-273-TALK (8255).
Life is not about waiting for the storms to pass. It’s about learning how to DANCE IN THE RAIN.

-Vivian Greene

For more information click the below button:
You have completed this learning module. Be sure to go back into your Choose Well account and click the DONE button. This will reward you your points.

Closing
Take a few minutes to listen to this song. We hope that you find hope and encouragement and know that you are not alone.