The Power of Resilience: Finding Sweetness at a Tough Time

(Adapted from the Washington State Department of Health’s Public Health Connection)

Resilience is the skill that allows us to adapt to a crisis while it is happening and then emerge emotionally stronger than before. This public health crisis is a time of stress, worry, grief. Some of us have lost people we love. Physical isolation wears on us and it can feel never-ending.

But. There are hopeful moments too. **What are the moments of joy you will remember from this time?**

*Is it nature that brings you strength* -- Long, beautiful sunny days? Watching the flowers bloom? Keeping a list of all the birds you’ve seen? Taking a walk just to see how many different kinds of bumblebees you can find?

*Did you learn something new* -- Have you given or received a pandemic haircut? Have you adopted a sourdough starter? Did you learn more than you thought possible about big cats and roadside zoos?

*Have there been unexpected moments of connection* – Have you found new ways to show your friends you care about them? Are you having more giggly game nights with the kids? Have you given up on ever figuring out how to sew your own mask only to have beautiful homemade masks show up on your doorstep from a craftier friend who cares about you? Have you Zoomed with toddlers? With grandparents? With your oldest friends who live so far away?

*Have you done something fun you never would have had time for before?* Camping in the backyard? Long bike rides? Waffles on a weekday? Dog walks and cuddles in the middle of the day?

*Have you returned to old habits that bring you joy but get sidelined in the daily grind?* Do you play music? Do you do puzzles? Maybe sewing is a source of joy and not frustration for you? Have you read books and caught up on old movies? Are you planting a garden?

There is sweetness in this tough time. And noticing it and reveling in it builds your resilience to the stress and grief of this pandemic. These are the things that make us strong.

Looking for additional ways to develop your resilience? Check out the EAP’s [Self-Care webinar](#) on the [COVID Resources](#) page.

And, if you’re struggling to find the sweetness or joy or fun in life, or if you’re have difficulty connecting with others, please reach out to the EAP for support, at 1-877-313-4455.
Two Quick Tools to Help You “Keep Calm and Carry On”

With all that is going on in our work and home lives and in the world, we could all use more calm from time to time. There are many techniques that can help.

One tool we recommend is the square breathing practice, an easy to learn and remember technique taught in EAP’s Self Care webinar.

Another practice to try is the “Mona Lisa smile” technique: learn by watching this 3 minute video -- one of a video series to support mental health during COVID-19 from Workplace Strategies for Mental Health.

You can find many more calming practices around the web and through meditation apps, including this free evidence-based meditation and mindfulness skills development app from the University of Wisconsin’s Center for Healthy Minds. Finally, if you are having difficulty finding calm and are feeling stressed or overwhelmed, contact the EAP for support and resources, at 1-877-313-4455.

Upcoming Live Support Webinars

EAP is offering webinars on a variety of COVID-19 related topics to support emotional and mental health and wellbeing. Register for an upcoming live session or view a pre-recorded session on-demand below. More sessions will be added regularly.

How to Build Resilience When Your Job Involves Helping Others in Crisis

- Monday, June 1, 2020 3:00-4:30 pm - Register
- Monday, June 8, 2020 8:30-10:00 am - Register
- Thursday, June 18, 2020 9:30-11:00 am - Register
- Thursday, June 25, 2020 3:00 -4:30 pm - Register

Washington: Coming Together to Learn, Support, & Connect

- Thursday, June 4, 2020 12:00-12:30 pm - Register
- Thursday, June 11, 2020 12:00-12:30 pm - Register
- Thursday, June 18, 2020 12:00-12:30 pm - Register

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