COVID-19 (Coronavirus)

The Ingredients of Resilience

Resilience is the ability to bounce back from difficult experiences. You can practice self-care through the four ingredients of resilience.

Flexibility & adaptability
View changes as opportunities for growth.

Purpose
Stay true to your core values. Identify what motivates you and let go of trying to meet other’s expectations of you. Do more things that bring you a sense of peace or calm.

Connection
Hold on to healthy relationships in your life. This could be friends, family, social groups, pets, or a higher power.

Hope
Positivity is a powerful tool. It is okay to think about negative possibilities, but give equal attention to positive possibilities.

If you are feeling stressed because of COVID-19, call Washington Listens at 1-833-681-0211.

Spread the Facts

coronavirus.wa.gov