



Building Your Individual & Team Resilience During this time of COVID-19

Essential Personnel: *One that performs work involving the safety of human life and the protection of property.*

While some may be contributing directly to the care of those suffering with COVID, others are working tirelessly to protect clients from a myriad of additional threats to their safety, now made even more complex by the pandemic.

Individuals, families, teams and organizations are finding ways to stay steady as they continue to work and live, albeit in altered circumstances, for most. These tools are organized by areas we know to strengthen health and well-being; settle & calm the overwhelmed mind; restore hope and one's immune system. There are more tools coming out everyday and these are just a few of many really good ones.

Reflecting on Difficulty (from *A Path With Heart*, Jack Kornfield)

Sit quietly, feeling the rhythm of your breathing, allowing yourself to become calm and receptive. Then think of a difficulty that you face in your spiritual practice or anywhere in your life. As you sense this difficulty, notice how it affects your body, heart, and mind. Feeling it carefully, begin to ask yourself a few questions, listening inwardly for their answers.

*How have I treated this difficulty so far?
How have I suffered by my own response and reaction to it?
What does this problem ask me to let go of?
What suffering is unavoidable, is my measure to accept?
What great lesson might it be able to teach me?
What is the gold, the value, hidden in this situation?*

In using this reflection to consider your difficulties, the understanding and openings may come slowly. Take your time. As with all meditations, it can be helpful to repeat this reflection a number of times, listening each time for deeper answers from your body, heart and spirit. You may also consider these questions as writing prompts for journaling.



Cognitive

How to be Intentional about Consuming Coronavirus News:

https://greatergood.berkeley.edu/article/item/how_to_be_intentional_about_consuming_coronavirus_news

Why You Should Ignore All That: <https://www.chronicle.com/article/Why-You-Should-Ignore-All-That/248366>

Emotional

That Discomfort you are Feeling is Grief: <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

Wash Your Hands (Dori Midnight) <https://dorimidnight.com/uncategorized/wash-your-hands/>

When I am Among the Trees (Mary Oliver) <https://medium.com/magazines-at-marquette/when-i-am-among-the-trees-musings-on-mary-oliver-bc992e1934b>

Relational

Staying Close While Physical Distancing, Greater Good Science Center

https://greatergood.berkeley.edu/podcasts/item/staying_close_connection_while_self_distancing

Ways to Manage Your Team: https://hbr.org/2020/03/8-ways-to-manage-your-team-while-social-distancing?referral=03758&cm_vc=rr_item_page.top_right

The Art of Socializing During a Quarantine:

<https://www.theatlantic.com/family/archive/2020/03/coronavirus-quarantine-socializing/608020/>

25 Best Video Games to Help You Socialize While Self-Isolating:

<https://www.theguardian.com/games/2020/mar/17/25-best-online-video-games-coronavirus-self-isolating>

Physical

STOP Practice for stress: <https://www.mindful.org/the-s-t-o-p-practice-for-stress/>

Healthy Sleep Tips: <https://www.sleepfoundation.org/articles/healthy-sleep-tips>

Spiritual

Center for Healthy Minds: <https://centerhealthyminds.org/well-being-toolkit-covid19> (meditations & other resources; HM Program app available for free meditation practice through May 12, 2020)

Cultivating Purpose in Uncertain Times (Note: webinar on 4/9/20; other resources on website):

<https://centerhealthyminds.org/news/events/webinar-cultivating-purpose-in-uncertain-times>

Ten Museums You Can Visit Virtually

<https://www.smithsonianmag.com/smart-news/ten-museums-you-can-virtually-visit-180974443/>