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Mental Fortitude

Ever wondered how some people are able to weather extraordinarily stressful, even traumatic times? There are things you can do to minimize the negative impacts of difficult situations, something especially relevant now during the COVID pandemic.

Practice Flexibility. There are certain things that are simply out of our control – such as the pandemic and the economy. Instead of dwelling on why something is happening, try to accept, adapt and change in response to situations. In other words, ride the wave.

Acknowledge your Reactions. Notice when you are frustrated, angry, sad or anxious. Recognize that these are completely normal responses during trying times. Instead of resisting these feelings, let yourself experience them.

Adjust Expectations. These are not normal times and it's just not realistic to try to maintain typical levels of functioning. Give yourself permission to operate a little differently right now.

Maintain Optimism. Individuals have endured extreme hardships throughout history and have gone on to live rich and fulfilling lives. Recognize that humankind has the capacity to adapt to challenging times and rise above.

References: "Applying the Science of Resilience to the COVID-19 Crisis". Harvard T.H. Chan School of Public Health. https://www.hsph.harvard.edu/health-happiness/applying-the-science-of-resilience-to-the-covid-19-crisis-qa-with-dr-karmel-choi-and-dr-kristen-nishimi/. Accessed August 26 2020.

Your Employee Assistance Program

For more strategies to help you manage during these difficult times, consider contacting your Employee Assistance Program. Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.

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1.800.833.3031	EAPhelplink.com	IOWA

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