

There are many characteristics that combine to help someone be resilient. In this time of uncertainty surrounding the Coronavirus (COVID-19), building your resilience will help you through these tougher times.



Coronavirus

Encouraging Resilience

Resilience is what helps you successfully get through change and challenging times. There are many characteristics that combine to help make one resilient. By focusing on these traits, you can encourage resilience and increase your resiliency skills.

By striving to be better at each of the following, you will naturally increase your ability to be resilient not only during the current Coronavirus (COVID-19) pandemic, but in your every day life:

- Have a sense of purpose
- Have a positive outlook
- Take an active approach to problem-solving
- Build relationships
- Have a sense of humor
- Expect change
- Care for yourself
- Continue to learn

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: by telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at EAP4YOU.com, through video, by live chat or text message. Reach out to us to learn more about the many options you have to receive support from your Employee Assistance Program.

This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.cdc.gov).