

Coping and Resiliency

How to Overcome Obstacles in Your Life

Stay engaged

Be in the here and now –

- Do the things you enjoy, the things that bring you joy
- Rekindle old hobbies. What is something you used to do by haven't done in a while?
- Develop new hobbies. What is something you have always wanted to try but you haven't yet. Now is the time to try it out.
- Learn something new – like how to make a new dish or a different type of craft.

Get and Stay Connected

Fight Isolation – connect with others who are empathetic and compassionate

- Call a friend you haven't talked to in a while
- Make time for video chats to “see” other people, try a virtual party/get together
- Take socially distanced walks with friends and loved ones

Be Creative and Be Present

Find new workarounds to movement and things you like

- Find different ways to exercise or move- maintain physical wellness
 - Virtual fitness or outside fitness activities
- Find new sources of entertainment- Watch concerts on you tube
- Mindful meditation to stay connected to the present moment
 - Breathing
 - Guided Practice
 - Yoga

Cultivate Appreciation

- Keep a gratitude journal. Write down one thing you are grateful for today.
- Send a thank you card to someone you appreciate
- Make a list of all of your accomplishments in the last 10 years
- Make a list of all the ways you've grown and changed
- Celebrate yourself and others – create occasions and have celebrations!

Keep Laughing

Hold on to your sense of humor even when times are tough. Laughter relieves stress and helps you keep things in check.

- Tell funny jokes to a friend
- Watch a show that makes you laugh
- Listen to a podcast or comedian
- Do laughing yoga or other body movements that are fun and funny

When supporting others, think about the following

Ingredients Necessary for Recovery:

