

5 ways

to build mental resilience in the time of COVID-19



Mental resilience is more than just a character trait. It's a skill you can learn and develop. **Here's five strategies to help you not only survive but thrive during these uncertain times.**

1. Stay connected

Social distancing doesn't mean you should stop being social. Reaching out to friends, family and co-workers through Skype, Zoom and FaceTime will help build your emotional resilience.

2. Opt for optimism

Being optimistic is key to developing resilience. Remind yourself that this situation will pass and, while certain areas of your life may change, you have the inner resources to deal with your new normal.

3. Look after yourself

Combat the negative effects of stress and anxiety with positive lifestyle choices, like getting enough sleep, staying hydrated, eating well and finding opportunities to exercise. And, if watching the news is causing you to feel overwhelmed, limit the amount you're watching.

4. Find purpose

Meaning and achievement are critical to well-being. Challenge yourself to develop small, realistic goals while you're stuck at home. Pick up that book you've been wanting to read, take on the home improvement project you've been wanting to get to, or learn something new online.

5. Stay in the moment

Activities that keep you in the present can help manage anxiety. Prayer or meditation, a digital tool such as the Headspace app or myStrength, practicing yoga, or mindful journaling or colouring can all help you stay in the present moment.

Stay safe, stay healthy, stay resilient

Focusing on the good in your life, taking care of yourself, experiencing gratitude and savouring the moment will all help increase your happiness, fostering the hope and motivation crucial to staying resilient in these unparalleled times.

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