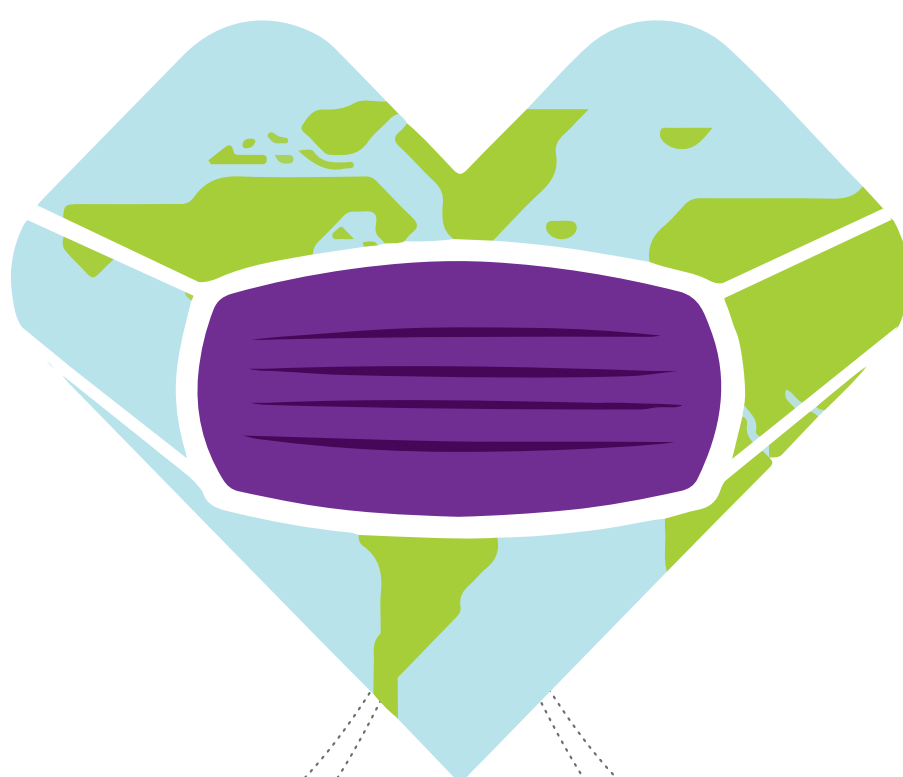


# 5 ways

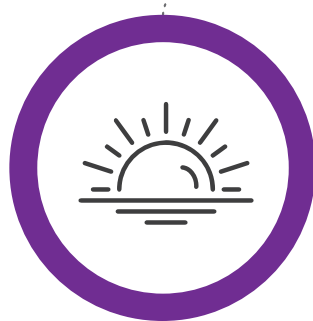
## to build mental resilience in the time of COVID-19



**1**

### Stay connected

Reach out to friends, family and co-workers through Skype, Zoom, FaceTime, etc.



**2**

### Opt for optimism

Remind yourself that this situation will pass, and you have the inner resources to deal with your new normal.



**3**

### Look after yourself

Get proper sleep, stay hydrated, eat well and find opportunities to exercise.



**4**

### Find purpose

Develop small, realistic goals like reading a book, finishing a home improvement project or learning something new online.



**5**

### Stay in the moment

Try prayer or meditation, use a digital tool like the Headspace app or myStrength, practice yoga, journal or colour to 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.

For more information, visit [www.aetnainternational.com](http://www.aetnainternational.com)

