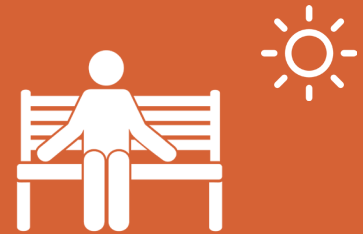


# Building Resiliency: The Right Tools for Right Now

As we continue to process what's changed in the past and contemplate what's ahead, it's important to keep focused on tools you can use right now to better manage stress and uncertainty. Try these simple, effective strategies to help recharge your mental and emotional batteries.

**Check in with yourself.** Pause and breathe deeply. Clear your mind and become aware of the here and now. Then ask yourself these questions:

- How am I doing?
- What is going well?
- What is challenging?
- What do I need?



**Breathe more intentionally, even for just 10 minutes a day.** [Stress-busting breathing techniques](#) are easy to learn.

**Get some fresh air.** If it's too cold for a walk, sit on your porch or balcony. Get some sun. Even if you have to be creative about it, connect with Mother Nature.

**Meditate.** There is solid science behind [meditation's ability](#) to reduce stress, control anxiety and boost overall emotional health. Check out this [simple guide to DIY meditation techniques](#).

**Indulge in the tastes of your favorite things — at least a little but not too much.** Treat yourself. Make that favorite recipe or get takeout from a special place.

**Take on a small project around the house.** Clean a drawer, fix a piece of furniture, change a light bulb or organize that stack on the corner of the kitchen table. The feeling of satisfaction will lift your spirits.

**Do something good for someone else.** Call a neighbor and ask if he or she needs anything. Check on an elderly friend. Wave hello to a stranger. Put some positive energy out into the universe.

**Stay connected.** Make time for joy and to share your feelings and needs with family, friends, co-workers or spiritual advisors. Set up a weekly virtual meeting with your besties.

**Limit exposure to social media.** Staying informed is important, but overexposure to social media and the 24/7 news cycle can be emotional triggers. Consider getting pandemic-related information from data-driven sources like the [CDC's COVID-19 website](#).

**Ask for help.** Find a licensed therapist to help you navigate these trying times. Most providers are continuing to “see” patients using telehealth with video or phone conferencing options. Ask your primary care physician or therapist whether medications to ease anxiety and depression might be right for you if you feel you need it.

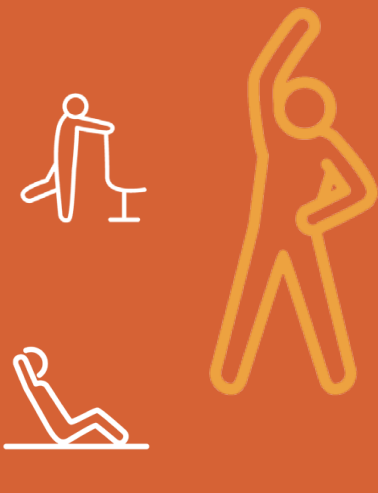
# Building Resiliency: Your Body Fuels Your Brain

**Mental resilience relies on more than what happens from the neck up.** Experts agree that brain function is hardwired to what's going on in our bodies. Now more than ever, it's important to be mindful of the pillars of physical well-being.

**Eat well.** A recent study suggests that a healthy, well-balanced diet may help fend off depression. Focus on fruits, vegetables, lean protein and whole grains. Experiment with a new batch of **healthy, delicious recipes.**

**Boost hydration.** Dehydration affects brain function and makes it harder to think clearly. Discover **why hydration is so important**, the symptoms of dehydration and how to add more water to your daily routine.

**Sleep better.** A good night's sleep helps you recover from physical and mental exertion. If you have chronic sleep problems, talk with your health care provider to explore what underlying physical and/or emotional issues might be undermining your sleep. Try these **easy tips to get the zzzs you need.**



**Exercise.** You've heard this a thousand times and it's true: Exercise is a proven way to ease depression and anxiety. There are countless online resources for at-home workouts for all fitness levels. If you're just getting started, try this **gentle 30-minute chair yoga routine.**

**Don't miss doctor appointments.** Follow up with your health care provider for screenings and management of chronic diseases. Be sure you are filling your prescriptions. Have ibuprofen, fluids and recommended over-the-counter medications on hand.

