

STAYING RESILIENT DURING A CRISIS

Have patience for the process that you have no control over, while controlling what you can



Control What You Can

While things may feel out of control, there are a lot of things you **Do** have control of, such as taking sanitary precautions, social distancing, and limiting your media intake to protect yourself from potentially triggering reactions.



Try Old-fashioned Communication

Remember when we used to call each other? Communicate voice to voice? Now is the perfect time to return to that personal touch and give someone a call. Don't forget to
#StayConnected



Practice Good Self-Care

Find ways to get your Vitamin D. Go for a walk, sit on your porch/balcony while reading/journaling/coloring, plant a garden. Treat yourself to a home spa day. Find something that brings you joy.



Be In The Moment

Decrease your stress levels by focusing on the present and practicing mindfulness, gratitude, and positive goal-setting. Try to avoid following your "what-ifs".



**USAG Ansbach
Employee Assistance Program**

Six Important Daily Questions To Help You Remain Resilient

1. *What am I Grateful for today?*
2. *Who am I Checking in on or Connecting with today?*
3. *What expectations of "normal" am I Letting go of today?*
4. *How am I Getting Outside today?*
5. *How am I Moving My Body today?*
6. *What Beauty am I either creating, cultivating, or inviting in today?*

If you need additional support:

Employee Assistance Program: 09820 8963992
Behavioral Health: DSN 314-590-3600
On call Chaplain: 0162 2964338
MFLC: 0151053390375 OR 0160 6256487
National Suicide Prevention Lifeline:
DSN 118
CML 09802 83 118

For Direct and Accurate Information:

CDC Coronavirus Disease 2019 Website:
cdc.gov/covid19
Facebook/USAG Ansbach Community or
<http://home.army.mil/ansbach>