

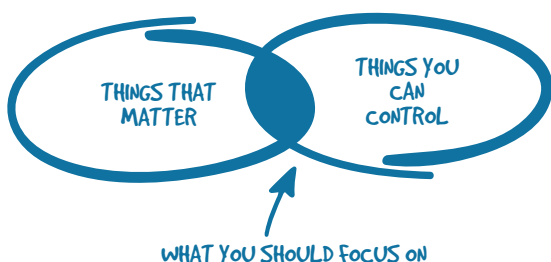
# REAL-TIME RESILIENCE OVERVIEW

Below is our brief guide to coping during COVID-19, based on the best of science but also our own (reasonably broad) lived experiences of working in emergency management and resilience training programmes. These are some of the practical strategies we've seen help.

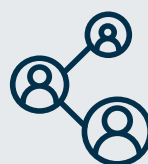


**Choose where you focus your attention.**

»» What is still good?



*Do the things that make you happy.  
Talk to the people that make you happy!  
Love; joy; hope; pride; thankful; calm; interested; inspired.*



**Strong relationships = strong wellbeing.**

»» Keep texting, talking, emailing, chat.



**Help yourself by helping others.**

»» Stops you thinking too much about you.

*Find the right people to talk to...  
People that make you feel good.*



*Give your brain a holiday from COVID-19  
Find distractions.*



**Put a timer on.**

»» Worry / be sad for ONE minute ... then call a friend.



**Keep safe!  
Don't be careless.**

»» This is a marathon, not a sprint.

*A little kindness will go a long way.  
A lot of kindness is even better!*



*Keep helpful daily routines ...  
or make new ones!*



**Is the news helping or harming you?**

»» Choose your sources carefully  
»» Switch it off!