

BEING RESILIENT DURING COVID-19

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WHAT IS RESILIENCE?

Resilience means being able to face bad situations, and bounce back and grow from tough experiences. To read more about what resilience is, and how to be more resilient you can visit these websites:

[Building personal resilience](#)
[Resilience and COVID-19](#)
[Building resilience](#)

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POSITIVE MINDSET

How you think about events like COVID-19 can affect your mental health. Jumping to conclusions, ignoring the positives, and blowing things out of proportion can make it harder to deal with the COVID-19 pandemic. Focus your energy on things that are within your control, rather than imagining worst case scenarios. Below are some helpful webpages:

[Growth Mindset](#)
[Challenging unhelpful thinking styles](#)

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LOOKING AFTER YOURSELF

It is easier to bounce back during difficult times when you are happy and healthy. Eating healthy food, being physically active, and looking after your mental and social health can help you be more resilient. See below for helpful resources:

[Food Fact Sheets](#)
[Staying Active at Home](#)
[Staying Connected](#)
[Getting Enough Sleep](#)

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EMOTIONAL AWARENESS/ SELF REGULATION

Being aware of your emotions and how you are feeling is an important way to manage your thoughts. Tuning into your emotions you can help you manage stress. A great way to do this is through breathing techniques or meditation. To learn more about meditation for emotional awareness visit the website below:

[How mindfulness can help during COVID-19](#)

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ADDITIONAL RESOURCES

[Staying Well, Staying Positive](#)
[Coping with isolation during the COVID-19 pandemic](#)
[The growth mindset app](#)
[Growth mindset video](#)



CENTRAL WEST
GIPPSLAND
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[CWGPCP COVID-19 Resources](#)

