

BUILDING RESILIENCE DURING COVID-19

TIPS BY DR. PATRICK GANNON | PEAKPERFORMANCE101.COM



Reach Out to Others & Build Social Connections

A sense of community for social and emotional support is vital. Nurture relationships, adapt to new methods of socializing, and try not to externalize feelings (especially anger, frustration) onto others.



Avoid Seeing the Pandemic as an Insurmountable Problem

Face your negative thinking and check your perceptions for accuracy. Is this problem really insurmountable? Is there really nothing to be done?



Accept That Change is a Part of Living

Don't fight the reality of the virus or let it consume your thoughts. COVID-19 is here for now. Our job is to accept this new challenge, adapt, and move forward from there.



Adjust Your Goals

What are your goals now when you factor in the virus? Be realistic when adjusting goals and tie them to specific actions you can take. You can change, adapt and move toward the way you want your life to be within the constraints of the pandemic.



Take Decisive Action(s) Where You Can

Finding creative ways to act on adverse conditions, adapt, and solve daily challenges by being flexible and adopting a "can do" approach all builds resiliency. The hardest part of taking action is taking the first step. Try new things, push through procrastination and be patient with yourself.



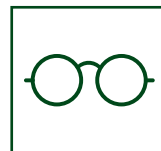
Look for Opportunities of Self-Discovery

Facing challenges often teaches you a lot about yourself. Engage in new opportunities and keep an open mind about ways to embrace positive changes.



Nurture a Positive View of Yourself

Accept that you're doing the best you can and let the feeling of self-acceptance settle in to provide an emotional safe haven. Identify your strengths and ways you overcame challenges in the past to recall in moments of doubt.



Keep Things in Perspective

Consider difficult situations in a broader context. Things are hard now, but they will change. Avoid thinking of "What If's". Pause when you find your thoughts spiraling and pivot from negative to positive thinking- 'What If' to 'Now What.'



Maintain a Hopeful Outlook

Hold the hope that some good will come out of this difficult time. Crisis = Opportunity. Don't deny reality, but know this time will pass. Stay grounded emotionally and cognitively to face challenges.



Take Care of Yourself

Pay attention to your needs and feelings. Take time to regularly check in with yourself and seek out activities you enjoy and find relaxing. Practice compassion for yourself and what you need, as well as what others need around you.



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Patrick Gannon, Ph.D. is a Clinical and Performance Psychologist in San Francisco and San Rafael. He works with individuals and couples and specializes in performance anxiety, life transitions, relationship issues, trauma, anxiety and depression. You can view his work and his series, Building Resilience In The Face Of COVID-19 at his website, PeakPerformance101.com.



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