

The experience of Coronavirus and its varying impacts is akin to the experience of a riptide. If we fight it, in an attempt to get back to shore exactly where and as we left it, we will fail. If we flex and adapt and flow with the tide, we will eventually reach shore again, albeit in a new spot.

The practices of resilience allow us to prepare for this new landing.

May we navigate this rogue riptide with care and compassion for ourselves and others, from honoring the shelter-in-place so that there are enough beds, ventilators, and medications to sharing financially with those economically devastated by the shelter-in-place orders to looking for new growth in ourselves even in the midst of such a vulnerable time and experience.

May you be well in all ways,  
*Calista*

## **Calista's COVID-19 Resilience Kit**

### *1. Turn it Off!*

Take a break on purpose from information flow. Give your mind and body a break from hypervigilance and arousal.

### *2. Exercise!*

Increasing your heart rate burns off the stress hormones that are elevated right now.

### *3. Sleep!*

Keep a regular sleep pattern. Sleep is crucial to your body's immune system and your mind's ability to cope.

### *4. Connect!*

Get as face to face with others as you can and focus on the positive and the funny. Laughter heals.

### *5. Give!*

In less than a month, many people have been plunged into economic hardship if not devastation. Look every day for what is in your power to give be it large or small.

### *6. Be Positive!*

Be diligent and disciplined to remain positive about yourself and your strengths and in your communications with others. Put energy into protecting these relationships with self and others.

### *7. Center!*

Find a practice that centers you in your body at least 20 minutes a day. It's the antidote to fear, which pulls us up and out of our bodies.

### *8. Express Yourself!*

Get it out. Journal- and then shred it if it's too yucky and something you don't wish to hold. If you are too overwhelmed for processing in words, paint or color- go abstract! Just get it out- it's just today's expression.

### *9. Learn!*

New learning brings new life, and now is the time to come through this experience with new strength and new life.

### *10. Choose Opportunity!*

We are in a new world. As we move toward acceptance of our new reality, look for positive opportunities and ways to be flexible and to adapt.