

COVID-19 (Coronavirus)

The Ingredients of Resilience

Resilience is the ability to bounce back from difficult experiences. You can practice self-care through the four ingredients of resilience.

Flexibility & adaptability

View changes as opportunities for growth.



Purpose

Stay true to your core values. Identify what motivates you and let go of trying to meet other's expectations of you. Do more things that bring you a sense of peace or calm.



Connection

Hold on to healthy relationships in your life. This could be friends, family, social groups, pets, or a higher power.



Hope

Positivity is a powerful tool. It is okay to think about negative possibilities, but give equal attention to positive possibilities.



WA

Listens

If you are feeling stressed because of COVID-19, call Washington Listens at **1-833-681-0211**.

Spread the Facts

coronavirus.wa.gov