





Taking Care of Yourself and Others Around You! Volume #4

<p>Real-time Resilience Strategies for Coping with Coronavirus</p>		<p>We have entered challenging times, requiring us all to consider how our thoughts and actions might help or hinder our own resilience and that of those around us. Here is a brief guide to coping in the days ahead, based on the best of science and real experiences of working in emergency management and resilience training programs. These practical strategies have worked.</p>
<p>Self-Care Bingo</p>		<p>How are you taking care of yourself each day? This might be a fun way to keep you and/or your family engaged in a variety of activities! Take good care of yourself and your family.</p>
<p>Five Science-Backed Strategies to Build Resilience</p>		<p>The Greater Good Science Center has collected many resilience practices alongside other research-based exercises for fostering kindness, connection, and happiness. Here are 12 of those resilience practices (squeezed into five categories), which can help you confront emotional pain more skillfully.</p>
<p>Three Ways to Boost Your Resilience as a Parent</p>		<p>Feeling overwhelmed is avoidable. If you'd like to take a step back but don't know what to do, read this short article. Consider these strategies as a roadmap for your well-being. They don't involve spending lots of money. Rather, these opportunities focus on what you can do at home right now or right in your neighborhood.</p>

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