

A man with a dog on a log at sunset. The man is seen from behind, wearing a plaid shirt and a brown backpack, sitting on a large log. A dog is standing on the log next to him, looking towards the right. The background is a soft-focus landscape with trees and a bright sun setting behind them, creating a warm, golden glow.

# RESILIENCE IN CHALLENGING TIMES

Presented by your  
Employee Assistance Program

**Together, all the way.®**



# SEMINAR GOALS



- Review the factors that make the coronavirus disease especially challenging
- Discuss what it means to be resilient during stressful times
- Explore the ways in which you are already resilient
- Learn strategies to tap into your resilience as you meet this challenge
- Understand how your Employee Assistance Program (EAP) can help



# LIVING WITH UNCERTAINTY



## Unique factors can threaten our sense of safety:

- We all feel at risk
- Rapid updates and changes
- New and disruptive to routines
- The outcome and duration is uncertain

## ...AND ITS IMPACT

### Emotional impact:

- Shock
- Fear
- Anxiety
- Frustration
- Overwhelmed
- Exhaustion

### Coping responses:

- Denial
- Paralysis
- Grieving
- Questioning
- Resolve
- Reaching out

Uncomfortable emotions can serve a useful purpose, pushing us into action and mobilizing resources.



# WHAT DO WE MEAN BY “RESILIENT”?

Doesn't give up  
Takes action  
Faces fears  
Seeks solutions

## A RESILIENT PERSON

Is able to adapt  
Stays hopeful  
Believes in self  
Manages stress



Fall seven times, stand up eight.  
-- Japanese proverb

# RESILIENCE IS A RESPONSE

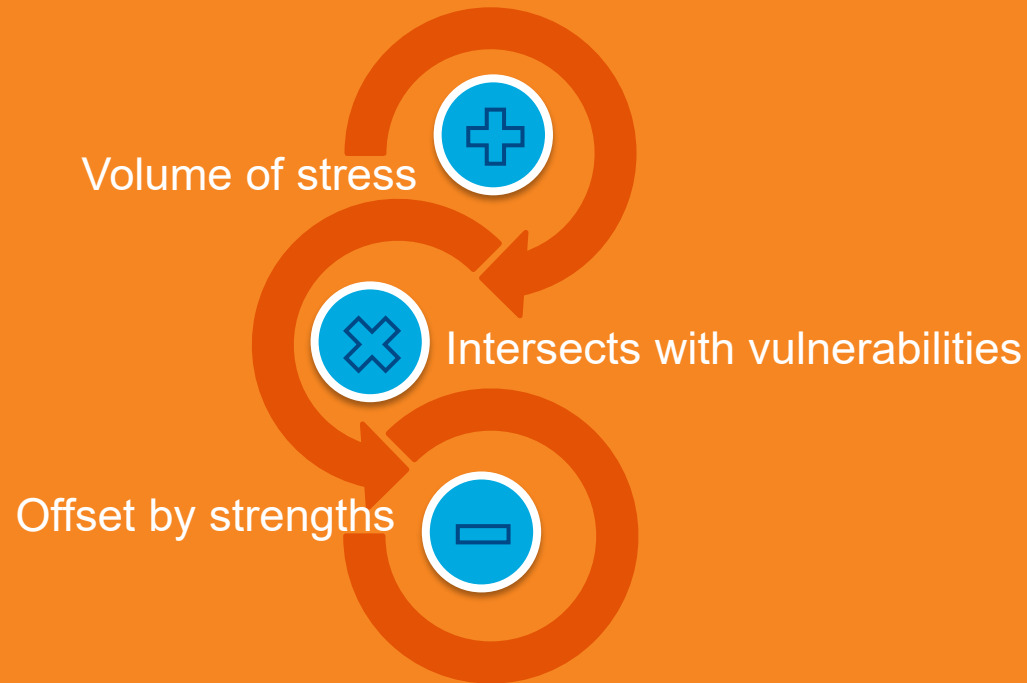
**MINOR STRESSORS**  
Adapt without thought,  
making small changes

**OTHER  
STRESSORS**  
Response based on  
interpretation

**LIFE-  
THREATENING  
STRESSORS**  
Automatically seek  
safety. Fight, flight,  
or freeze are normal  
responses



# WHAT SHAPES OUR ABILITY TO BE RESILIENT?



This equation adds up differently for every individual and every experience.

## HOW DOES THIS LOOK IN CHALLENGING TIMES?

- Resilience can be seen in small, simple acts and attitudes
- With each new change, we face it head on
- Develop creative ways of meeting each challenge
- When we think we've reached the "breaking point", we regroup

It can be hard to see our natural resilience when we feel stuck or overwhelmed. Remind yourself of how you've worked through challenges thus far.





# RESILIENCY BUILDERS

- Perspective
- Purpose
- People
- Plasticity



# PERSPECTIVE



## Regain a sense of control

- Stay informed on new developments
- Remind yourself this is temporary
- Take note of what remains constant in your life
- Remember your capabilities



While you may feel powerless, there are always some factors you can control. Recognizing them can help you acknowledge fears, adapt, and take action.



# PURPOSE



## Find your purpose

- Embrace who you are
- Set goals; make them realistic
- Offer support/assistance to others
- Know that difficulty can sometimes bring growth and meaning to our lives



Remembering your purpose can help you find firm footing  
in the face of a situation that is constantly changing



# PURPOSE



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- Set goals; make them realistic
- Offer support/assistance to others
- Know that difficulty can sometimes bring growth and meaning to our lives

- › Support local businesses
- › Pick up groceries or necessities for a neighbor
- › Share your supplies with those in need
- › Offer to care for pets
- › Financial assistance
- › Offer comfort in creative ways

Remembering your purpose can help you find firm footing in the face of a situation that is constantly changing



# PEOPLE



## Turn to others to get and give support

- Others can be a safety net
- May bring moments of humor and joy
- Find ways to stay connected
- Plan something to look forward to



While recommendations to practice “social distancing”, social isolation, and “shelter-in-place” may present a challenge, it is important to use the resources at your disposal to connect with others.



# PEOPLE



## Turn to others to get and give support

- Others can be a safety net
- May bring moments of humor and joy
- Find ways to stay connected
- Plan something to look forward to

- › Phone calls
- › Video chat
- › Share links or short messages
- › Watch movies, dine “together” virtually
- › Greet strangers on outings
- › Find new ways to spend time with family members

While recommendations to practice “social distancing”, social isolation, and “shelter-in-place” may present a challenge, it is important to use the resources at your disposal to connect with others.



# PLASTICITY



## Remember that you will adapt

- Take it day by day
- Create structure with routines
- Respond to challenges creatively
- Stay focused on the present



The ability to change and adapt is “wired” into our brains from day one.



# A FIRM FOUNDATION



## Be well to be resilient

- Sleep resets mind and body
- Eating well is still important
- Exercise changes stress response
- Limit news exposure

Don't forget to keep your emotional and spiritual tanks full as well.





“Note to self:  
every time you were  
convinced you couldn’t go on,  
**you did.”**

– *Unknown*



- Face-to-face sessions
- Confidential
- Prepaid
- Unlimited telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/life support such as elder care, child care and pet care
- Convenience services
- Financial services
- Legal services

# BENEFITS OF THE EAP

Benefits vary by employer. Please check with your HR for your specific EAP benefits.



## ADDITIONAL RESOURCES



Visit  
[cpg.org/learning](https://cpg.org/learning)

- eLearning courses
- Events
- Calculators
- Articles, and more!

## Discover online resources

Visit the Church Pension Group Learning Center for 24/7 access to resources supporting health, finances, and well-being.



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