



Metamorphosis Psyche

—Your Journey, Your Transformation—

Dealing with a pandemic, political unrest, civil unrest, economic hardships, and racial injustices can be *stressful and overwhelming*.



**The effects** of these world conditions impact us all; young and old, male and female. We are living amidst many challenges and changes.

*How can we cope and develop resilience?*

Coping and Building Resilience...

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## **Do not isolate.**

Express and share your thoughts about these world conditions with close friends and family. However, **do not let it consume you.** Take a break from the media aspect of it all. There are other happy momentous life events still occurring to acknowledge and partake in.



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**Pay attention to family and loved ones.** Check in on each other. Don't assume that all is well. Schedule phone/chat dates, movie nights, game nights. You can be safe during a pandemic and still have fun doing things that you enjoy.

*Don't forget about the young ones.* Provide a space for open discussion. This is a time to acknowledge feelings and be supportive. Create a positive home environment. Help them to feel secure and confident during uncertain times. Work on building your relationships with your children, spouse, friends, and family.



**Give to others** by focusing your energy of assisting or helping others. Volunteer if possible.

Develop a routine for work and for play. Whether you're working from home or at the job, **there's a time to start and then end.**

Even when working, take breaks to stretch, exercise, go for walk...

*Spend time outdoors.* Either alone or with a few friends or family members. Be physically active or just relax. Fresh air is good for all.

**Keep a regular sleep schedule.**

**Practice  
self-care  
&  
self-love.**





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**Practice mindfulness.** [www.mindful.org](http://www.mindful.org)

*Prayer.* Bible reading, meditation, reflection, and application.

*Grow and develop spiritually.*

Lastly, if needed, it's okay to speak to a mental health professional for guidance, reassurance, and support.

Individual, couples, and family counseling/therapy remain available open options amid the current state of the world.

