



Metamorphosis Psyche

—Your Journey, Your Transformation—

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



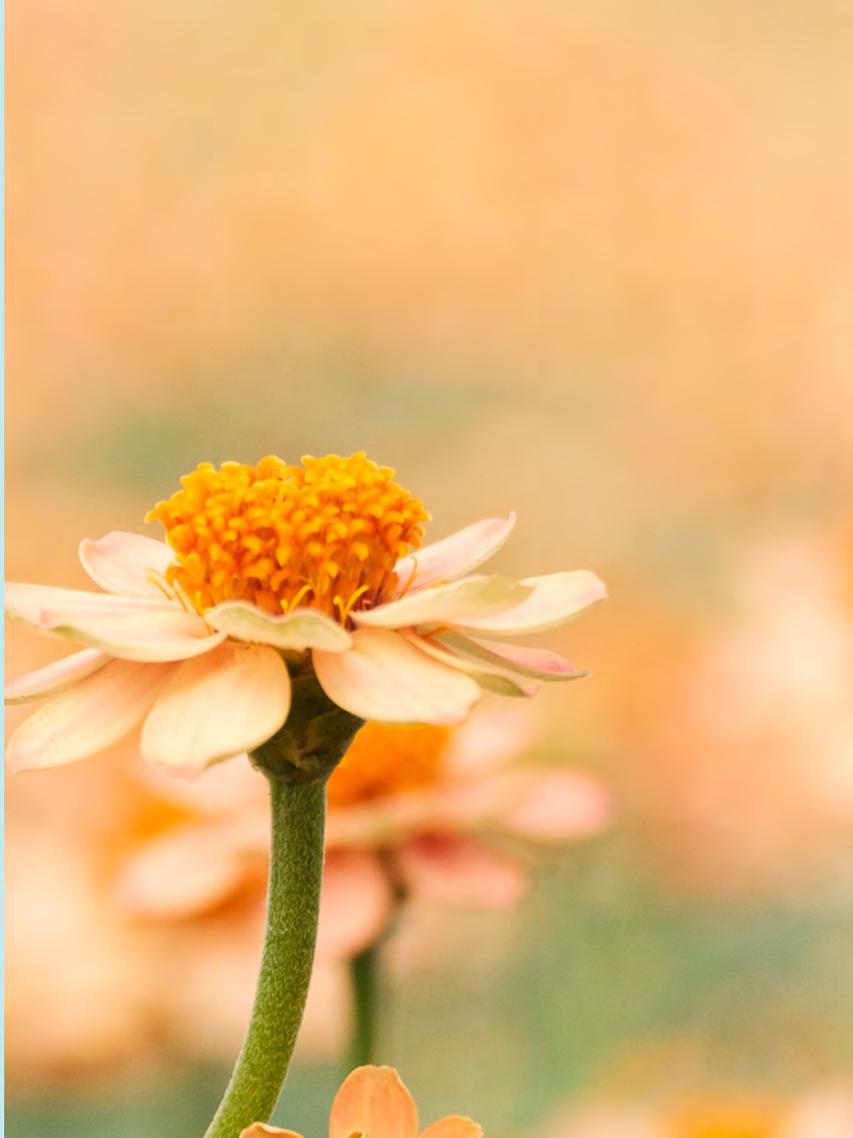
The effects of these world conditions impact us all; young and old, male and female. We are living amidst many challenges and changes.

How can we cope and develop resilience?

Coping and Building Resilience...

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.



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.

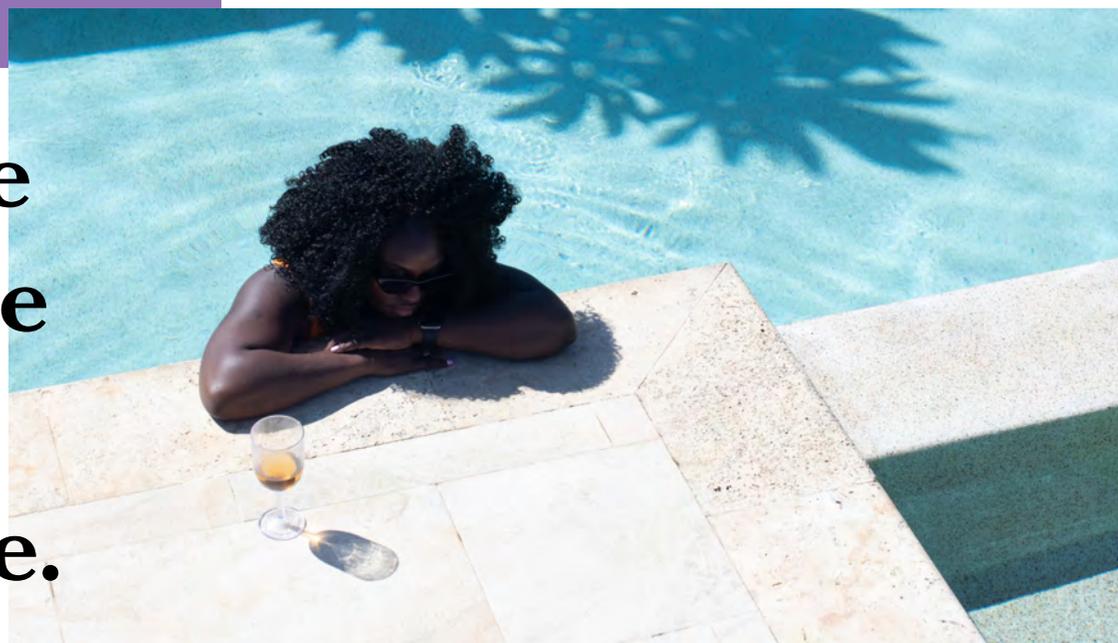
Develop a routine for work and for play. Whether you're working from home or at the job, **there's a time to start and then end.**

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.**



Practice mindfulness. 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.

