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Hope: When we maintain individual and collective feelings of hope, we emphasize the control we do have in times of uncertainty. We are reminded that our relationships, strengths, coping skills, creative problem-solving, compassion and persistence have always, and will continue, to help us manage adversity and build resilience along the way.

Have present moment awareness
Pausing and noticing stress in the body
Using strategies to de-escalate and interrupt reactivity
Disrupting critical self-talk. Practicing self-compassion

One way I can practice present moment awareness is:

Observe sources of strength and resilience
List 1–3 of your personal strengths
How can these strengths help you in a time of stress?

Think back to a difficult situation you have experienced in your life. What did you do that helped you cope?

Plan for social support
Identify family, friends, colleagues or others in your life who you care about
List groups/communities that provide support by making you feel a sense of connection and belonging

Who are people, animals or groups in your life that can help you feel a sense of connection and belonging?

Engage in restorative actions
Tuning inward (breathing, mindfulness, reflection, prayer, quiet time, journaling…)
Tuning outward (physical activity, connecting to nature, calling a friend, cooking…)

What is one action you can take to reduce your stress and help you feel grounded, safe, calm, and/or energized?

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