

UVA FEAP On The Fly

Cultivating Resilience in a Time of Anxiety & Uncertainty

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Top Resiliency Factors

- Optimism
- Altruism
- Moral Compass
- Faith/Spirituality
- Humor
- Role Models
- Social Supports
- Mission in Life

Research on resiliency shows that these are the top indicators of positive outcomes during stressful times in our lives. Some may come naturally whereas others may need to be purposely cultivated. The more conscious we can be of intentionally nurturing these factors in our lives, the more resilient we will be in managing challenging periods. Choose a few factors that resonate with you and purposely focus on developing them!

Strategies for Managing Stress & Decreasing Anxiety

Click on hyperlinks below

<u>Breathe Deeply</u>	<u>Be Present & Meditate</u>	<u>Name Your Feelings</u>	<u>Reach Out</u>	<u>Tune Into Your Body</u>
<u>Decompress</u>	<u>Laugh</u>	<u>Listen to Music</u>	<u>Get Moving</u>	<u>Practice Gratitude</u>

For further support, reach out to FEAP at:

www.uvafeap.com

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