RESILIENCE
IN TIMES OF COVID-19

Life is full of challenges, small and big. And in this COVID-19 period, there is even more to come, which sometimes puts a lot of pressure on us. Fortunately, thanks to the vaccine, there's a light at the end of the tunnel, but we still have some challenging months ahead of us.
Therefore, we would like to give you some tips to feel more 'resilient' in times of COVID-19.
Being resilient means that you can look for ways that work for you even now, in times of COVID-19, to keep feeling good about yourself.

GET STARTED WITH THESE 7 STEPS

1   FOCUS ON WHAT YOU CAN CONTROL
One way of doing this is by investing in self-care – for tips on self-care, download the app 'houvast'.

2   ACCEPT THAT YOUR THOUGHTS AND FEELINGS ARE VALID

3   CONNECT WITH YOUR BODY
! You can practise this by doing yoga, among other things.

4   FOCUS ON THE HERE & NOW
(If you get stuck in worrying thoughts, try these tips: What if you keep endlessly spinning circles in your head? 3 tips to stop worrying | VRT NWS: news)

5   CONNECT WITH OTHERS
(For tips, see Geluksdriehoek.be | Connectedness (checkjezelf.be))

6   TAKE (VALUE-BASED) ACTION
What can I do at this moment for myself or others that will benefit me or my community?

7   BE KIND TO YOURSELF AND OTHERS
For tips, see Geluksdriehoek.be | Don't be too hard on yourself (checkjezelf.be) or
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