

## Top Takeaways

- Resilience is defined by finding the new tools you have gained through a difficult experience and incorporating them into a new way of living.
- Be aware but not fearful. Turn off the news and become focused on your environment.
- We are all experiencing a loss of identity due to a shift in work, school, and community events.
- Utilize technology to remain connected with coworkers, friends, and family.
- Have a moment of calm in the morning to set the tone of your day. Examples: bird watching, talking a walk, and spending time with your pet.
- Create a structure in your day. Whatever you repeat, you strengthen.
- Remember that none of us were prepared for this. Evaluate what is and what isn't really important
- Set boundaries by shutting off notifications on news apps, emails, and social media.
- Have daily check-ins with members of your household. Work as a team and create compromises to solve tension within the home.
- For college students and others that seem overwhelmed in your life, ask how they are doing and consider online counseling/support groups.
- Laughter is the best medicine.

## Additional Resources

[How to Maintain Your Mental Health While Working from Home](#)

[Free Yale course: The Science of Being Happy](#)

[What Your Coworkers Need Right Now is Compassion](#)

[Well-Being Academy](#)

[TEDTalk: The Gift of Conflict by Amy Gallo](#)

[TEDTalk: Redesigning Self Love by Dr. Hallett](#)

[Free First Responder course by Dr. Hallett](#)

[Free general resilience course by Dr. Hallett](#)

[Dr. Hallett's tips on stress management](#)

[Resilience & Self-Care with Dr. Kristina Hallett, ABPP, Clinical Psychologist | Amy C. O'Neill, MS, LPC, Resilience Expert](#)

Enter discount code **RLFANDF30 for 30% off** Sheri Botwin's book:

[Thriving After Trauma Stories of Living and Healing](#)

Dr. Hallett's Books

Own Best Friend: Eight Steps to a Life of Purpose, Passion, and Ease  
BE AWESOME! Banish Burnout –Create Motivation from the Inside Out.

## Upcoming Virtual Roundtable



**Diversity, Equity, and Inclusion in Difficult Times**

April 9, 2020

12:00 PM-1:00 PM EST

[Register Here!](#)

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## Questions?

Sarah MacDonald  
Strategic Alliances at Bay Path University  
[Schedule a virtual meeting with me](#)