**Genetic Wisdom**
• Fight or Flight is normal response with physical & psychological changes

**...But then, everything looks like a threat**
• It’s hard to stay positive & rational
• We get exhausted & burn out

**We Get Trapped In Fight or Flight or Freeze**
anger, frustration, sadness, anxiety, numbness, detachment, fog

**RESILIENCE**
You have a choice: There are tools available to you
• Take a step back & BREATHE
• Don’t follow every thought down the rabbit hole
• Be gentle & forgiving of yourself
• See clearly - what is a catastrophe / crisis and what is not? “Dial it down” & calm down
• Recognize upsides & silver linings
• What is the lesson or reframing?
• Review your foundation
  - Coping Skills
  - Support Network
• Move your body!
• Vent!
• What are your strengths?
Survivor’s Guilt

• This is a difficult time—and we know others face more challenges than we do
• We can share KINDNESS & RESOURCES
• Be a force for GOOD
  - Don’t leave “I love yous” left unsaid
• Be a community member in safe ways

Self Care Isn’t Selfish

• What do you need to do to be at your best?
• Make yourself a priority
• Express your boundaries to others — out of care and concern for yourself and them
• Monitor your stress

Recognize What’s In Your Control & What Is Not!

• What if you give up the need to be perfect?
• Flexibility will help you stay out of the fight/flight/freeze
• Be grateful each day

Get Support

• Don’t go it alone!
• Find a safe place to talk about your well being
• Make calls, go online to trusted community
• Inform yourself with FACTS

Ask For Help!

• From friends & loved ones
• Therapists offer phone / online sessions
• Call your state or local hotline for coronavirus information
• Talk to your doctor or social worker

Additional Resources

www.suicidepreventionlifeline.org
Crisis Text Line: text “HOME” to 741741
www.bethe1to.com