

SHARING RESILIENCE

- Building in selfcare during quarantine can be hard. What does it look like for you?
- What gives you comfort when you feel scared or alone?
- Imagining a powerful future builds greater resilience for what we are experiencing today: imagine what a family reunion would be like in 2021 or 2022?
- Remembering a strong special nostalgic event memory – a child’s milestone, your own achievements, a family trip, etc.
- Remembering other hard times builds gratitude in what we have now – what comparators do you use?
- Building interconnectedness – sharing our experiences with others – this validates our own feelings and experiences.
- Have you renewed friendships, strengthened friendships, checked in with loved ones?
- Revisiting old hobbies (different types of needlework or art) or creating new hobbies (learned chess) – what have you chosen to do?
- Have you had a “quarantine” date night with your spouse – cooked a meal; streamed a movie; or gone on a “Virtual Museum” tour (e.g., <https://www.louvre.fr/en/visites-en-ligne>)
- Have you had a family “quarantine” game night in which you played SET, Boggle, done a puzzle, or played Clue, etc.?
- Humor is a great way to keep depression at bay. Here is a list of AFI’s Top 100 Most Humorous Movies <https://www.afi.com/afis-100-years-100-laughs/>
- Poetry’s imagery provides both expression and comfort during difficult times. Maya Angelou’s poem *Still I Rise* is the epitome of resilience. Many other expressions of our feelings can be found on the Poetry Foundation’s website: <https://www.poetryfoundation.org/poems>
- Revisiting old favorites also provides us with comfort during difficult times and reassures us that “tomorrow will be another day” and so it has been found that we read old favorite books and watch old movies. What are your favorites that you revisit?

- Music is uplifting in all its many variations from classical to the latest pop. If you want to sing along but are missing lyrics to your old favs, try <https://www.lyrics.com/> or for the lyrics to Hebrew songs try out: <http://www.hebrewsongs.com/>
- Many of us have enjoyed streaming online classes and sharing what we have learned with others. The Teaching Company is a fantastic resource for taking courses: <https://www.thegreatcourses.com/>
- It is difficult to model behaviors for children/grandchildren – how does this look like for you in the “new normal”?
- Using “Mirroring”, “Empathizing” and “Validating” – all important things to help each other during this challenging time. To do it with our partners when we are living in close spaces, or harder yet, to do it on the phone or on Zoom is difficult. Can you share your tips?
- Have you started a journal of your experiences during this challenging time? What are your observations? You may have all sorts of free-association writing during this time. See the following NYT article for ideas:
<https://www.nytimes.com/2020/04/15/learning/12-ideas-for-writing-through-the-pandemic-with-the-new-york-times.html>
- The Pew Research Center notes that more adults are turning to some form of prayer to counter the uncertainty of this time. Healthcare workers, medical school students and others have Zoom prayer groups and this seems to increase their resilience. Do you turn to prayer individually, as a family or as a community?