



# Mindfulness, Resiliency and Acceptance

When a situation is stressful or carries difficult feelings, people sometimes react with denial. However, attempts to downplay the impact of COVID-19 get in the way of your ability to adjust to your circumstances. If you are avoiding reality, try instead to accept it and commit to coping to the best of your ability. Having an attitude of acceptance can result in greater resilience and a more positive response to pandemic fatigue. Try your best to deal with what is happening and accept that some of what we are dealing with is out of our control. An attitude of acceptance may provide the endurance you need to get through these difficult times.

## Tips for promoting an attitude of acceptance:

- Observe the stressors and challenges in front of you
- Acknowledge what you can and can't control
- Think willingly about the situation
- Pay attention to your body language and change non-accepting postures: open your hands, relax your body and sit up straight

In addition to acceptance, practicing mindfulness can build your resiliency. Mindfulness is the practice of intentionally paying attention to present-moment experience without judgment, elaboration or reactivity. Cultivation of mindfulness improves mental wellness through reduced stress, anxiety, depression and enhanced ability to enjoy life. Mindfulness also gives you the ability to cope with difficult thoughts and emotions without becoming overwhelmed or shutting down.

## Tips for getting started with mindfulness:

- Set an intention to practice regularly
- Incorporate a brief practice into your daily routine
- Check out meditation apps
- Consider joining online mindfulness sessions
- As best as you can, let go of expectations
- Pay attention to your breathing

Being mindful and learning acceptance can help promote mental wellness throughout the COVID-19 pandemic and beyond. Your EAP is here to help. For more information on how to practice both skills visit [EAP4YOU.com](https://www.EAP4YOU.com) or give us a call.