



SIBLEY MEMORIAL
HOSPITAL

JOHNS HOPKINS MEDICINE

Building Resilience through the Pandemic and Beyond

Challenges and stressors are a normal part of life.



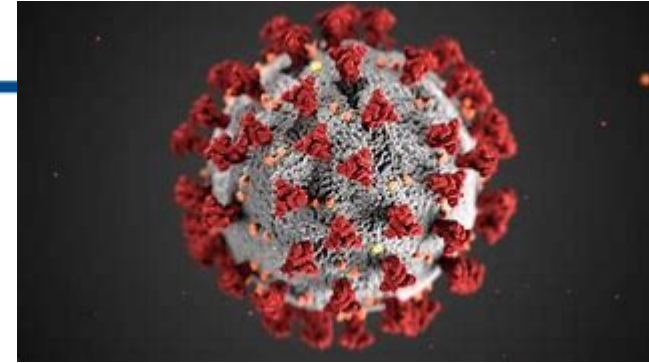
Challenges/Stressors are a Normal Part of Life

- Health
- Finances
- Relationships
- Mobility or other age related changes
- Being a care partner for others

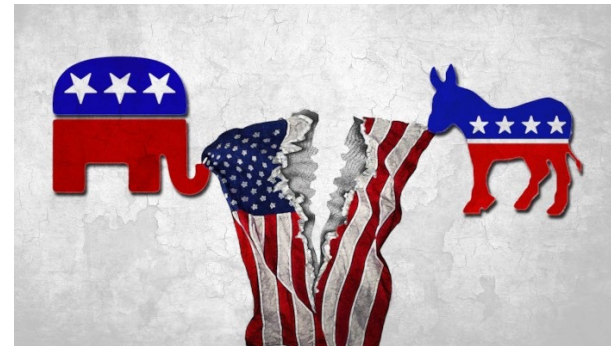


Then add

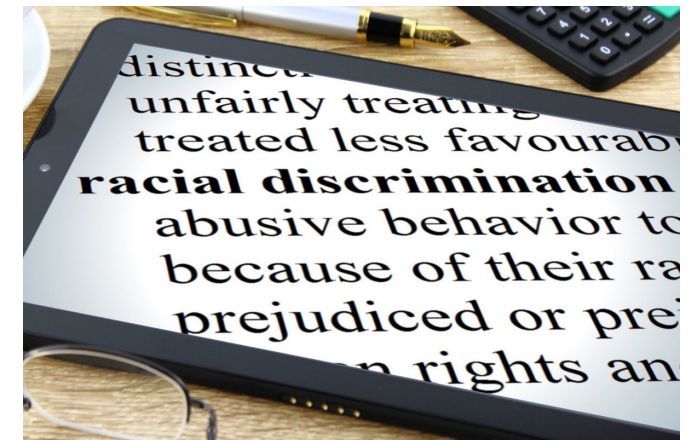
- The Pandemic



- Political Polarization



- Race/Caste Tensions



Life can Be Overwhelming



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Resilience Building Can be the Answer

- What is Resilience?
 - The ability to “spring back” from difficulties
 - Overcoming obstacles
 - Getting past problems
- Using the example of a Pogo Stick



Building Resilience (POGO)

- Be **P**resent
- Be **O**pen and Observe
- **G**auge what I can Change
- Seek **O**pportunity



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Be Present

- Be present. Change what you can.
- Be aware of what you cannot change.
 - Past
 - Future
- For a moment, breathe. Stay in the now.



Open and Observe

- Open yourself and observe what you see in the present, e.g. emotions
 - Closing ourselves off is usually not helpful
 - Opening ourselves can expose to good feelings
 - Sense of Play
 - Letting in Love



Gauge

- Where am I in this moment?
 - Being realistic
 - Careful to not confuse realism with pessimism
 - Being honest with myself, but not pessimistic
 - Gauging my talents, gifts, and resources



Take the Opportunity

- Take the Opportunity to change the things we can
 - Make changes to solve the problem
- Take care of my present self – and of my future self
 - Health
 - Regular checkups and health screenings
 - Sleep hygiene
 - Challenge myself intellectually
 - Move my body
 - Be more involved – reduce isolation
 - Be safe

Direction is up to YOU!

Questions??

