Here are some things that you might want to look at and/or consider as you think about your own ability to be resilient and to cope.

* If you haven’t done so already, you might want to listen to Rev. Thom’s March 29th sermon on “The Spirit of Resilience,” <https://www.youtube.com/watch?time_continue=6&v=zUNzObE-gLo&feature=emb_logo>. He talks about how it is not unusual to be irritable and to feel fatigue and that two coping strategies are to establish routines and rituals. The attached image of a set of daily quarantine questions appeared on a UU site on Facebook.
* Remind yourself daily that this is temporary. It seems in the midst of this quarantine that it will never end. It is terrifying to think of the road stretching ahead of us. Please take time to remind yourself that although this is very scary and difficult and will go on for an undetermined amount of time, it is a season of life and it will pass. We will return to feeing free, safe, busy, and connected in the days ahead. Here is a video (<https://vimeo.com/399733860>) that might help you feel less scared and anxious because the doctor who made the video (a NY pulmonologist) talks about how really easy it is to not get the virus if you wash your hands often and don’t touch your face when you are out.
* Find the lesson. This whole crisis can seem sad, senseless, and at times, avoidable. When psychologists work with trauma, a key feature to helping someone work through said trauma is to help them find their agency, the potential positive outcomes they can affect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?
* Here is a poem about *Toilet Paper* by Lynn Ungar that is about coping (<http://www.lynnungar.com/poems/toilet-paper-2/>).
* Here is a poem about *Beckoning Benches* by Michael Escoubas (<http://www.yourdailypoem.com/listpoem.jsp?poem_id=3315>).



