



Employee Assistance Program

Leadership Resiliency and COVID-19

Coping with Stress, Uncertainty, and Setbacks

In the wake of the global coronavirus (COVID-19) pandemic, we must draw upon all available resources to best manage well-being for ourselves and others. Doing so will help us navigate through the unexpected, unplanned, and unknown.

Maintaining equilibrium under unprecedented challenges is a skill forged during such times of crisis. The question for every day, every hour, and every minute is, “How do I face this?” Consider these three practices that can help you build and strengthen your resilience.

Manage your resistance through personal energy management –

1. Show up by being present and giving your best.
2. Practice good sleep hygiene. Set a regular sleep schedule (even on weekends). Purposefully disconnect from electronic devices and create a relaxing environment.
3. Prioritize exercise. Make exercise a “when, where, and how” (not an “if”); this will serve to increase your physical energy and help to maintain a healthy disposition during the crisis.

Create a positive framework for adversity by shifting your lenses –

1. Reflect on your beliefs to better understand and intentionally choose your response.
2. Manage your emotions by stepping away, slowing down, or enlisting an ally to help you control your reactions and choose your response.
3. Reinvent social connections by maintaining meaningful and productive relationships through “social distancing.”

Maintain a sense of purpose/significance in the current reality –

1. Reaffirm the “personal why” that gives your life purpose and fulfillment to transition well through change.
2. Look at the small picture while keeping the big picture in mind.
3. Reflect on the lessons learned from past experiences.

Remember you can always reach out to the Employee Assistance Program (EAP) for support. Your EAP is an immediate, confidential, and free resource for whatever life issues you may be facing. Avera EAP can be accessed by calling 800-527-9394 or 605-322-4069.

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