



When one is exposed to death and dying continuously it can pose a tremendous burden to one's psychological and physical health. The ongoing experience of witnessing and experiencing loss of life can cause feelings of sadness, hopelessness and depression. It can become very difficult to embrace the positive experiences in our lives when we are surrounded by such pain and devastation.

However, research has taught us, despite our experience with horrendous events such as the one we are all in now, there is a strong potential for strength and resiliency. Resiliency does not mean the absence of negative feelings and reactions. It means we can experience these reactions, allowing space for their expression, but still experience positive emotions such as happiness, enjoyment, calm and peace.

Resiliency, coping and finding some psychological balance is difficult to achieve at this time but not impossible. Consider some of the tips listed below to incorporate into your day as much as possible. Remember, everyone is different and what works for one person, may not work for another.

And please, keep the NYC EAP in mind, to discuss a personal plan to build your own strength and resiliency.

- Practice ways to calm your mind:
 - Meditation
 - Mindful breathing
 - Prayer

- Expose yourself to peaceful, loving or joyful images:
 - Looking at the sky through the window
 - Visiting a virtual tour of a museum
 - Browsing through pictures of friends and family

- Stay connected:
 - Facetime chats with friends
 - Talking to co-workers about topics not work related
 - Sending a quick message to say hi or express your love and compassion to another

- Building gratitude:
 - Saying thank you to someone
 - Keeping a journal
 - Identify one thing each day to be thankful for

- Get lost in something pleasant, silly, or mindless:
 - Video game on your phone
 - Favorite show or movie
 - Crossword puzzle, Search-a-Word, coloring book

- Have an outlet
 - Exercise
 - Stretching
 - Talking about your feelings (NYC EAP is great for this)

We at the NYC EAP are here for you and your family. Please, don't be alone in this. You can email us at: eap@olr.nyc.gov or call and leave a message at 212-306-7660. Monday through Friday 8am – 11pm.

