



# You're not facing the pandemic alone.

When we stay connected, we bounce back stronger together.

**Let's change how COVID-19 affects our mental health.**

## Putting the pandemic in perspective.

If there's ever been a time to focus on the importance of our mental health, it's during a global pandemic. COVID-19 is affecting all aspects of our lives and finding ways to cope is critical. By practicing some key skills, we can care for ourselves and find the resilience we need for the present and be more adaptive to what the future holds.

### FACTS:

**53% of adults in the U.S. reported that their mental health has been negatively impacted due to worry and stress over the coronavirus.<sup>1</sup>**

<sup>1</sup> KFF, "HealthTracking Poll," July 2020.

## Practice your A-B-Cs.

Focusing on these resilience skills can help you cope during the coronavirus pandemic. While not as easy as A-B-C, with enough practice, they can become a natural part of our lives.

### Agility

*Embrace uncertainty* so you can focus on the things you can control like choosing a positive outlook.

### Balance

*Set boundaries* to gain mental strength and avoid burnout.

### Connection

*Appreciate others* because when we take a moment to be grateful for those in our lives, we can bounce back stronger together.

## Building resilience can make a real difference.

For all of us, building resilience requires practicing key skills. When we take time to care for ourselves, we can find ways to cope with the pandemic.

**Let's change how COVID-19 affects our mental health.**

Get more tips and find support at [bcbsm.com/mentalhealth](https://bcbsm.com/mentalhealth).