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.

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.

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.¹

¹ KFF, “Health Tracking Poll,” July 2020.

Let’s change how COVID-19 affects our mental health.
Get more tips and find support at bcbsm.com/mentalhealth.