

# The pressure of the pandemic is real.



**Building  
resilience can  
make a real  
difference.**

**Practice these  
resilience A-B-Cs.**

## **Agility**

Embrace uncertainty.

## **Balance**

Set boundaries.

## **Connection**

Appreciate others.

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

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

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