

# COVID-19 Mental Health & Coping Resources

F O R E V E R Y O N E

## B U I L D I N G R E S I L I E N C E S E R I E S

*Studies show that people who go through very difficult life experiences can emerge with a stronger sense of psychological resilience, sturdy relationships and a renewed appreciation of the fragility of life. We can build resilience by training our minds to see adversity as opportunity. Part 6 of the Building Resilience Series is on growth mindset.*

## Growth mindset

With the unexpected curve ball of COVID-19, many of us are forced to change course. But with change, comes growth. Stanford University psychologist and researcher Dr. Carol Dweck's research on growth mindset – the ability to see setbacks as opportunities – shows that those who can adopt an attitude of learning – are much more able to endure and thrive during adversity.

We must come to terms with the fact that not everything can be anticipated - we will make mistakes. When you make a mistake or "fail," – accept any negative emotions that you feel – but then re-frame "failure" as an opportunity to do something different the next time. This is not to say that failure is the goal, but the learning that comes along with it is.

The bottom line: COVID-19 is here and will be for a while. Our collective challenge as humans during the pandemic, is to figure out how to stay physically, mentally and emotionally resilient so we can get through each day – and perhaps with courage – we can even grow from this transformative experience. It's not easy, but it is the only option right now.



**1. It's OK not to know – everything is a learning opportunity.** Setting skepticism aside, COVID-19 is the chance to learn about what you need, what others need, what your strengths are, what your gaps are, and what's important to you. Even in the heaviest, most difficult moments when it feels like the world is crashing down – there is always an opportunity.

- **Learn to set ego aside.** If you are used to being an expert but this is new territory - its OK to not know – you have never gone through this before. But the more you can turn away from defensiveness or pessimism - and turn toward possibility, the faster you will learn and solve the problem in front of you.
- **Learn to focus on process.** Growth mindset reminds us the process is equally as important as the result. Even in the face of an undesirable outcome, we can learn about the behaviors, skills and actions that prevented success. A process-focus helps us avoid obsessing over the negative result, and instead, focus on different actions for the future.
- **Learn how to let go of perfection.** Be willing to be flexible and try something a new way - even when you might not see it as the ideal way. Especially in a crisis, not letting perfection be the enemy of good, is critical to adapting swiftly and thoughtfully.