



# Resilience: How to Actively Guide your Post-Pandemic Self

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# Positive Emotions

Open our eyes and minds

- Increase creative thinking
- Expand our visual field
- Allow for global thinking/diversity
- Prevent depression and anxiety

Protect our bodies

- Improve cardiac Functioning
- Increase healthy sleep



Think about how you think.

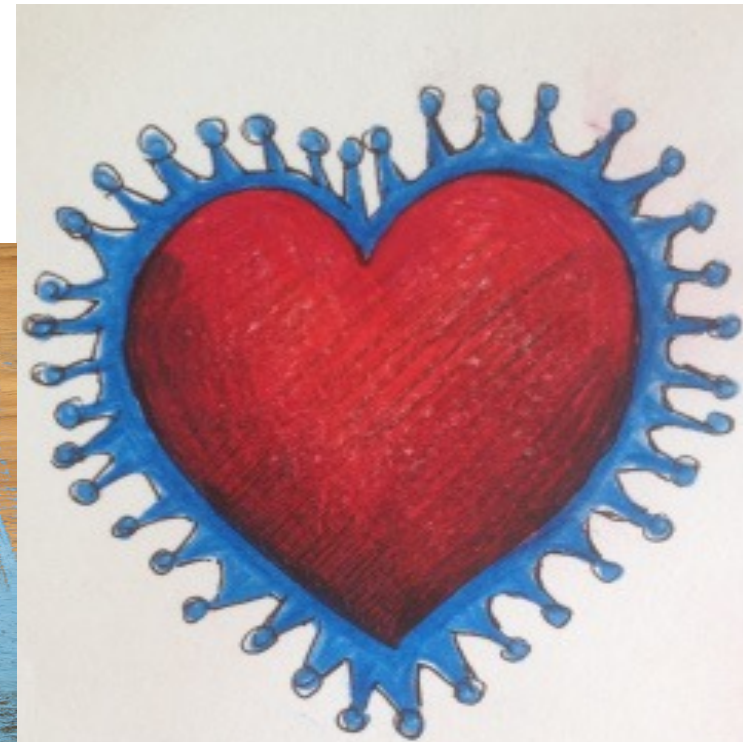
Challenge any thoughts of crisis being  
insurmountable



# Gratitude

How much gratitude have you felt today? This week?

Have you expressed your appreciation or gratitude or joy?



# Relationships

Feeling connected to friends, family and colleagues is crucial

Do you put yourself in situations  
Where you can build positive,  
trusting relationships?

Do you take an active role in  
building relationships in which you  
can flourish?

If not, are you willing to step outside of your  
comfort zone and take a chance?





As the poet Shane Koyczan says, ‘If your heart is broken, make art with the pieces.’”

