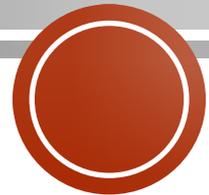


# Practicing Resilience in COVID-19

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**What did you do yesterday for  
your well-being?**







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collective trauma

racial trauma



grief stress

uncertainty

fear exhaustion



<sup>37</sup> Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ <sup>38</sup>  
This is the first and greatest commandment. <sup>39</sup>  
And the second is like it: ‘Love your neighbor as yourself.’

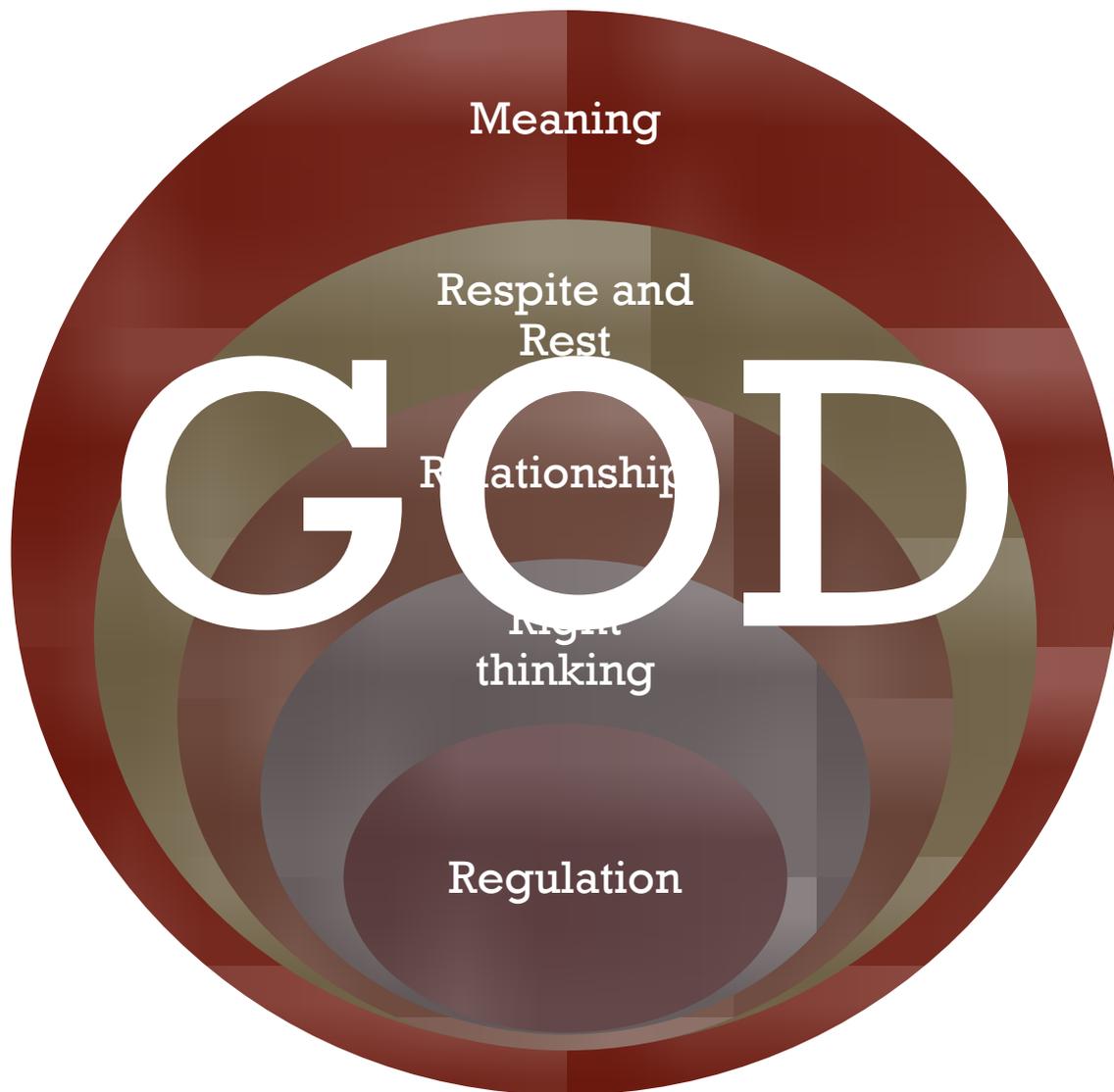
Matthew 22:37-39 New International Version (NIV)



“Attention is the beginning of  
devotion.”

Mary Oliver (2016, p. 8)

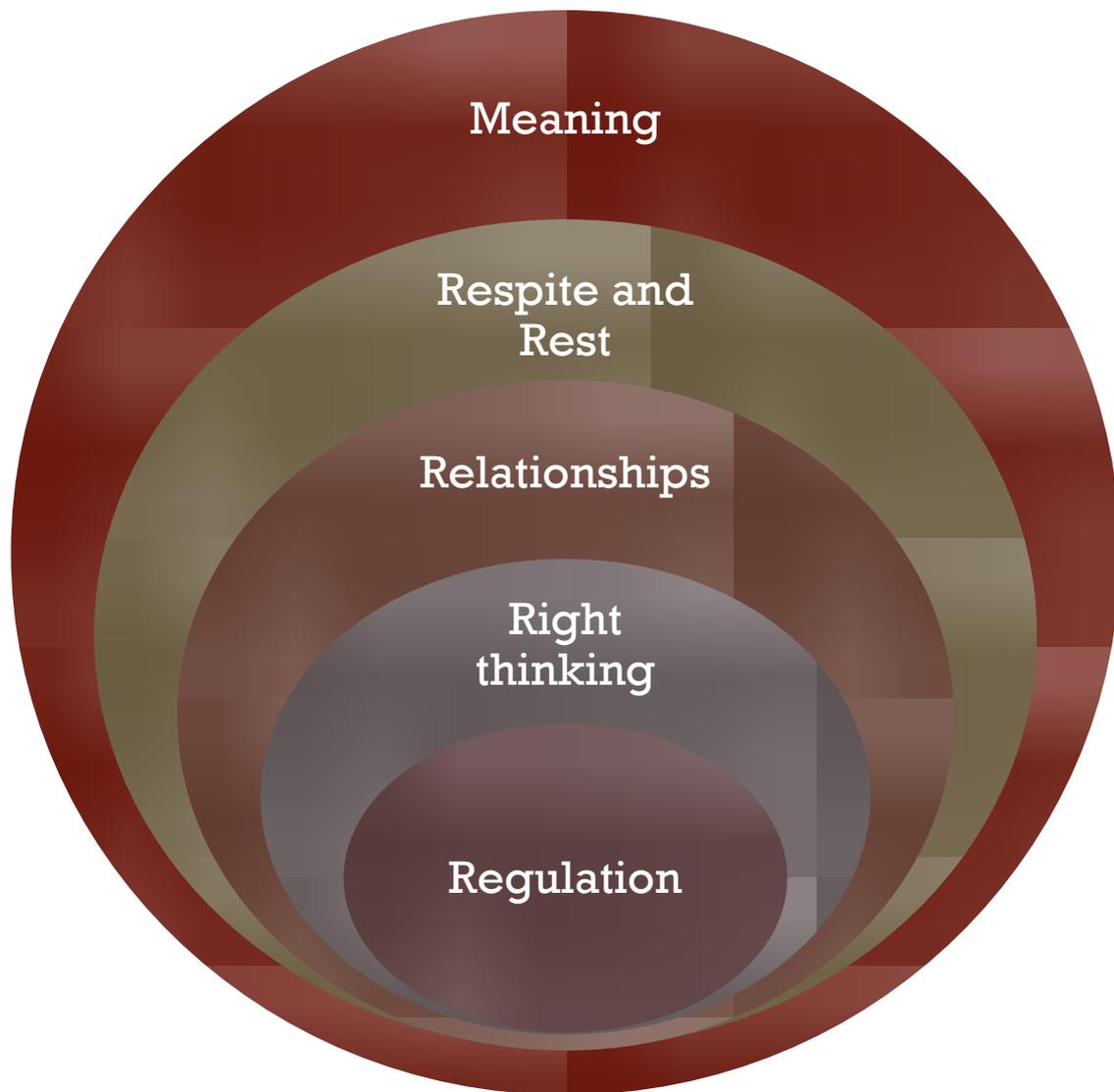




# **PRACTICING RESILIENCE**

*A model in progress*





# **PRACTICING RESILIENCE**

*A model in progress*



# Practicing RESILIENCE

## • Regulation:

- Attending to and Nurturing ourselves physically and emotionally (*stewarding the body, heart, and mind God gave you*)
  - Calming the body
  - Recognizing and stewarding our emotional states



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# Practicing RESILIENCE

- **Right Thinking**
  - Attending to our thoughts and beliefs - and their impact on our emotional state (*renewing our minds and living in truth*)
    - Noticing assumptions we make
    - Identifying the “lies we believe”
    - Staying in the present - not “what if?”



# Practicing RESILIENCE

## ▪ Relationships

- Attending to caring relationships (*loving our neighbor as ourselves*)
  - Support in our pain
  - Being emotionally present for others
  - Offering practical support



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# Practicing RESILIENCE



- **Respite and Rest**
  - Attending to the environment (*withdrawing from work and Sabbath rest*)
    - Limiting exposure to stress and trauma
    - Creating boundaries and taking breaks
    - Sabbath

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# Practicing RESILIENCE

## ▪ **Meaning**

- Attending to the transcendent (*acknowledging God in all ways and times*)
  - Vocation and calling
  - Making meaning in times of crisis
    - God in suffering
  - Purpose leading to action
  - Affirming God's presence in community



# Why practice?

Research shows that we know what is good for us, but that does not mean that we do it!

Developing skills such as contemplation and right-thinking are like muscles that need to be developed.

Relationships take time and grace.

Our connection with God grows with our attention.



Neurons that fire together,  
wire together.

Common saying, first used in  
1949 by Donald Hebb, a  
Canadian neuropsychologist





Photo by [cottonbro](#) from [Pexels](#)

# Specific skills

Regulation in the midst of pandemics

*PRACTICE CALM*

Right thinking in the midst of pandemics

*DON'T JUDGE YOUR FEELINGS*

Respite in the midst of pandemics

*BE AWARE OF YOUR EXPOSURE*



# Red Flags...



- Excessive use of coping strategies that can be harmful.
- Unable to meet demands in work and relationships.
- Feeling hopeless and overwhelmed.
- Thoughts of harm.



Psalm 46:10

*Be still...*

*... and know*

# References and Reading

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van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and the body in the healing of trauma*. Penguin Books.





Thrive Center for Human Development:

<https://thethrivecenter.org/resources/covid-19/>



Fuller SOP Integration Lectures - Dr. Thema Bryant Davis:

<https://fullerstudio.fuller.edu/fuller-dialogues-holistic-healing-and-wellness/>



DC Psychological Association (Dr. Jessica Smedley): <http://www.dcpsychology.org/covid19-task-force>



American Psychological Association:

<https://www.apa.org/topics/covid-19>



Fuller Magazine - Issue #14 *Suffering With*

[https://fullerstudio.fuller.edu/wp-content/uploads/2019/06/FULLER\\_Magazine\\_Issue14-1.pdf](https://fullerstudio.fuller.edu/wp-content/uploads/2019/06/FULLER_Magazine_Issue14-1.pdf)



National Presbyterian Church Care Office

<https://nationalpres.org/care>

