

An aerial photograph of a winding asphalt road that curves through a dense, green forest. Several cars are visible on the road, including a red car, a white car, a blue car, and a black car. The road has white dashed lines and a solid white line on the edge. The forest is lush and green, with some trees showing signs of autumn. The overall scene is peaceful and scenic.

You're Resilient, You're Strong, and You're Still Here

When the reality of the impacts of the pandemic finally sank in, it felt like many of us were entering unknown territory. We couldn't depend on so many of the things that we'd taken for granted up until those moments: our careers, our health, our social lives, and our future plans. They all became far less predictable.

New stresses. New anxieties. New fears. It was as if life had thrown us each a wild curveball.

If you felt unsure or overwhelmed, you were certainly not alone. In the face of tumultuous change and uncertainty, you found the strength to continue on. Sometimes we have to remember that we actually are capable of adapting when we have to. And there are many lessons we learn throughout.

As we go into month seven of the pandemic, many of us may be taking a moment to look back at our experience.

To kick off this theme, we are sharing a TED Talk called Breaking Free from Anxiety in which Psychotherapist Mel Schwartz proposes that anxiety is often due to our relationship with our thoughts. These are thoughts that are perpetually seeking certainty. The more we try to know the future, which is of course unknowable, the more fearful and anxious we feel. Mel demonstrates how to shift our relationship with uncertainty and embrace the unknown, freeing us from the grip of anxiety. Watch the video here:

- https://www.youtube.com/watch?v=_Qzx9SnG9oU

Here are some additional resources on reflection, coping strategies, and looking towards the future:

- [What COVID-19 Has Taught Us About Our Resilience](#)
- [Recognizing the Positives](#)
- [Facing, and defeating, our fears](#)
- [What COVID-19 has taught experts](#)
- [Learning to Express Appreciation](#)
- [Daily Feel-Good Checklist](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider. This service is available not just to our employees but also to their partner or family members.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
COMPANY CODE: BMWWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play