

## Announcing the Resilient Wisconsin Initiative

Finding healthy ways to cope and stay connected is more important than ever. Resilient Wisconsin, a new statewide initiative designed to provide Wisconsinites with the tools to build resiliency, can help.

### Why resilience?

When we build resilience and find ways to cope with stress and trauma, we take a step closer to a healthier future for us all. That's because trauma is both a risk factor for—and a painful consequence of—some of Wisconsin's most complex public health challenges, from mental health disorders and harmful substance use to child abuse and suicidal behaviors. They're all connected. That's what makes Resilient Wisconsin's integrated approach so important.

### Why Resilient Wisconsin?

Resilient Wisconsin supports and collaborates with people and organizations throughout Wisconsin, to bring together the latest data, resources, evidence-based tools, and trauma-informed practices. So that people affected by trauma and other mental or behavioral health challenges—as well as the professionals and programs that serve them—can find the support and resources they need.

Building resilient communities is a complex challenge; there is no one-size-fits-all solution. Resilient Wisconsin is committed to providing inclusive, accessible efforts that flex to meet the diverse needs of those most vulnerable to trauma and its negative outcomes.

### Helping Wisconsin cope during COVID-19

COVID-19 is heightening anxiety and stress for many in Wisconsin, at home and on the pandemic's frontlines. Resilient Wisconsin can help you learn how to adapt and recover during these tough times, with strategies for practicing self-care, maintaining social connections, and reducing stress. Look for more tools and resources in the coming weeks, and consider taking these steps today:

- **Get the three goods.** That's good-for-you foods, a good night's sleep, and a good amount of exercise every day.
- **Stay connected to your support system.** Reach out to family and friends, colleagues, and community groups in whatever way you can—calls, texts, video chats, and more.
- **Find positive distractions.** Don't let the pandemic take over what you read, watch, or talk about. And don't be afraid to ask friends and family to talk about something else.
- **Reduce anxiety by reducing your risk.** Stay safer at home. Wash your hands for at least 20 seconds. Cover your nose and mouth when you cough or sneeze. Stay at least 6 feet apart while running essential errands at the store, pharmacy, or gas station. Knowing you're doing everything you can to stay healthy can help you worry less.
- **Check in with yourself.** Everyone's reaction to stress is different. Difficulty concentrating or sleeping, irritability, fatigue, and even stomachaches can be normal. But if you find you are overwhelmed or having thoughts of self-harm or suicide, reach out for help right away. Text HOPELINE to 741741 or call the National Suicide Prevention Lifeline at 1-800-273-8255.

Together, we will find ways to stay strong, support each other and build a healthier Wisconsin. For more information, please visit [resilient.wisconsin.gov](https://resilient.wisconsin.gov) or follow DHS on Facebook, Twitter, or Instagram.