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Remaining Resilient Amid Uncertain Times

Coping to Gain Control

- Accept and name your feelings - they are all ok
- Adapt to the new circumstances - flexibility is key
- Remain present and grounded - focus on what you know
- Reframe your perspective - shape your experience
- Regulate information intake - monitor exposure to stimuli
- Maintain connection - nurture positive relationships
- Ask for what you need - reach out
- Assist others - take a break from yourself

Rebounding to Bounce Forward

- Recall a difficult time you endured - How did you manage?
- Reactivate your tools and resources - What are your strengths?
- Envision the future you want - Where do you want to be?
- Connect with your future self - Who do you want to become?



With a passion for helping people rediscover their resilience in life and work, Karen Carlucci draws from over 20 years of professional experience as a Licensed Psychotherapist and Certified Professional Coach, in addition to personal experience rebounding from unexpected life events. With a BA in Human Resources and an MSW from New York University's School of Social Work, she holds certificates in Training and Organizational Development and Adult Psychoanalytic Psychotherapy. Karen is also a Student Advisor/Lecturer at Columbia University School of Social Work.