For more information and resources to get you through the lockdown (infographics, free animations for kids, business training programmes): <https://resiliencei.com/training/covid-19/>

Answers to questions:

*Can someone who has been in the vulnerable, distressed, depressed zone, can you get out of these zones without having to take medication?*

**It is always important to get a professional opinion but - absolutely - you can bounce back rapidly without medication. Counselling, positivity, reframing, exercise, sleep and resilience training are all effective ways of bouncing back up the spiral. More about bounce:**[**https://resiliencei.com/2016/11/bounce-back-crisis/**](https://resiliencei.com/2016/11/bounce-back-crisis/)

*How do we manage stress that is completely out of our control?*

**A feeling of stress is a natural response to a threatening situation. Try to focus on situations within your sphere of influence. In the face of rapid and unprecedented change, the best we can do is to stay present and calm. Notice where your thoughts drift and bring them back to the task at hand. Read Dr Sven's article:**[**https://resiliencei.com/2020/03/ride-the-black-swan/**](https://resiliencei.com/2020/03/ride-the-black-swan/)

*Drinking water does it help?*

**If you're thirsty by all means drink water, but don't overdo it. A scientific perspective:**[**https://resiliencei.com/2017/11/waterlogged-science-hydration/**](https://resiliencei.com/2017/11/waterlogged-science-hydration/)

Wishing you all the best for the journey ahead.

Brad Hook

[brad.hook@resiliencei.com](mailto:brad.hook@resiliencei.com)

