



COVID-19 Cautions

- Remember to wash hands with soap or use of hand sanitizer
- Stay 6ft away from everybody, protect yourself and others from the spread
- Social distancing, avoid close contact
- Cover your coughs and sneezes
- Clean and disinfect
- Monitor your health daily

Self-care

- ◆ Don't check email or social media channels within one hour of waking.
- ◆ Meditation or yoga even just 10 minutes each morning or night.
- ◆ Take a 10-15 minute walk during the workday
- ◆ Get more sleep, stay away from social media or checking phone before going to bed
- ◆ Call, text, or FaceTime a supportive friend or loved one. Face Timing is most encouraged to have a virtual face to face interaction
- ◆ Make a daily schedule, have a to do list, have a routine
- ◆ Check out online recreational exercise facilities for live streaming videos from workout instructors

Stress reliever

- ◆ Practicing breathing techniques such as taking deep breaths and relax for a moment
- ◆ Exercise regularly
- ◆ Make time to unwind and try to do some other activities
- ◆ Talk with people who you trust about any concerns or problems
- ◆ Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Mental Health

- ◆ Don't overthink about problems, choose your own thoughts.
- ◆ Don't overwork yourself with more problems or work load during work, the body needs rest as well.
- ◆ Take a step back and breathe- With a relaxed attitude, take a new look at your problems and you will notice a few things such as problems are simpler than you thought, and there is an answer to everything that you are feeling.
- ◆ If you don't yet see the answer don't get attached to the feeling of despair; instead, refuse to take no for an answer and keep looking.
- ◆ The trick is to take a step out of your emotions, because they will cloud your judgment.