

SELF-CARE DURING COVID-19

The wellbeing of you and your family during these uncertain times is our top priority.

As the world takes extraordinary infection prevention measures, remember your physical and mental health matters too.

Here are some ways to successfully weather this storm – and maybe even come out stronger on the other side.

We encourage you to share this with your friends and family.

After all, we're all in this together.



MENTAL AND EMOTIONAL HEALTH

Social distancing – or isolation – can be challenging for naturally social beings. Thanks to technology, it's easier than ever to stay connected.

- ✓ Schedule video or FaceTime dates with your circle of friends. Some free services even offer group video calling.
- ✓ Check-in on your friends, family, and co-workers via text, voice messages, and video calls.
- ✓ Have a standing book club or dinner event? Keep those dates and connect with family and friends virtually.
- ✓ If you need support, our **Employee Assistance Program** is available 24/7 to you and your family at no cost.

If you have children or a spouse/partner at home with you, consider a 'family meeting' to help set expectations.

- ✓ Schedules, places, and personal needs/preferences are all better discussed early on.
- ✓ Practice patience (Headphones go a long way).

Information is everywhere, but there's such a thing as too much.

- ✓ Keep the news off during the day. If you need background noise, instead try listening to music or podcasts.
- ✓ Turn the news alerts off on your phone and give yourself a set daily check-in time for the day's events.
- ✓ It's okay to mute loud or unsettling social media contacts from your newsfeed.



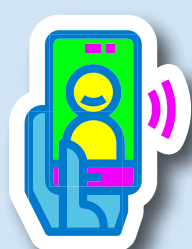
PHYSICAL HEALTH

If you're staying at home, it's tempting to give in to those junk food cravings when food is staring you in the face all day. Indulge a little, but now is a great time to practice some healthy habits – eating well helps you feel your best!

- ✓ Make a new recipe you've been wanting to try.
- ✓ Drink plenty of water – staying well-hydrated can improve your energy levels, mood and sleep quality.
- ✓ Try to limit the takeout and alcohol.

It's all too easy to become at one with your couch: work, meals, and entertainment can all happen in this one magical place. Try to resist this urge to maintain some normality.

- ✓ Keep your regular wake/eat/sleep schedule. Sticking to your usual routine will help keep you feeling fresh and productive.
- ✓ Avoid blurring the boundaries between home and work by logging on and off at your usual times and make sure you take plenty of breaks during the day.
- ✓ Create an ergonomic workplace at home considering your desk layout and chair height – be intentional about standing up and walking around at least every couple of hours.
- ✓ Remember to brush your teeth, shower or bathe every day – it's easy to forget when you're not leaving your house.



If you or a family member feels ill, consider using Telehealth services to see a provider through your smartphone or computer.

Virtual care helps minimize exposure, and is often faster and less expensive!

Exercise is a great way to keep your body active and your mind at ease.

- ✓ Consider an exercise or mindfulness app for your smart device.
- ✓ Yoga and meditation exercises can be done in your home with little to no equipment, and no experience is required!



OUR COMMITMENT

We understand that the situation is rapidly evolving throughout the world, and we're here to support you in any way we can.

As the outbreak continues to unfold:

- ✓ Please use trusted resources such as the **World Health Organization (WHO)** and the **Centers for Disease Control (CDC)** for reliable and up-to-date information.
- ✓ We ask that you follow all instructions provided by your local and state governmental agencies. This includes social gatherings, travel, closures, and any self-quarantine or shelter-in-place directives.
- ✓ Reach out to your manager or supervisor with any questions or concerns you have.

If you or someone you've had contact with receives a positive COVID-19 test, please let your line manager know so we can minimize any additional exposure.

Please remain safe, be smart, and stay connected.