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**MIND**

**Be aware of your thoughts and how they may impact your current state at work or at home. Recognize how stress may be affecting your mood and how you respond to others. Being aware is key. Make adjustments when you can.**

* Counter a negative or stressful thought with the next most helpful thought to get you through the moment.
* **STOP** – **S**top, **T**ake a Deep Breath, **O**bserve the moment and **P**roceed.
* Take a COVID-19 timeout. Turn off the tv and social media. Quit talking about COVID-19 and focus on something that brings you joy. Don’t let COVID-19 consume your day.
* Rely on science-based information regarding the virus and protection from the virus. Stick to resources like CDC.gov. News headlines are often sensationalized to bring in readership, which can cause unnecessary fear. Don’t spread false info/rumors.
* Keep healthy boundaries between work and home.
* There are things we can’t control or predict. This is a rapidly changing situation. Stay in the moment and know that you and others are doing their best. Together, but 6 feet apart, we will get through this stressful situation.
* Take time to recover during the day and after work. Have a little “you” time, whatever that means to you.
* Have a plan in place for what could happen. See CDC-Detailed Planning Guide for Households. Prepare for the worst and hope for the best.

**Remember, it is normal to have varying emotions. Make time to acknowledge your emotions and ask for more support from family, friends, or professionals. It’s good to talk and it’s okay to ask for help – people understand these are difficult times.**

**EMOTIONS**

* Realize you may be experiencing **grief** related to the loss of what was normal and cancellation of important life events. Additional grief can come with the death of patients and loved ones. Learn about grief and how to manage it.
* Talk about your **fears** with your coach or a close confidant. In return, listen without trying to fix or minimize.
* **Anger** sometimes comes out as frustration or impatience. Realize the source of your anger and identify what you have control over.
* If you feel **sad** about what’s happening and not in control, reach out to help those who are suffering to simply make the best of the moment you are in.
* Remember to laugh and have a sense of humor. You can cry, too.
* If you’re experiencing **anxiety** or **heightened emotions** surrounding finances or the impact this pandemic has had on your life, resources are available. Look to the **Employee Wellness Department intranet site** for information on free 20 minute “**Employee Support**” appointments with our Behavioral Health staff, application forms for the **Employee Relief Fund** and contact information for our **E**mployee **A**ssistance **P**rogram. You can also reach out to chat with a chaplain.
* Think about your expectations of life and others; reducing expectations can help reduce your **disappointment**.

**
Stress can wear us out. Work to stay safe and healthy during this time. Be good to yourself and listen to what your body needs.**

**BODY**

* Get outside and breathe some fresh air. Catch some sunrays!
* Move your body! Especially if you’ve been sitting all day. Breakout a favorite dance move, exercise, or take a walk.
* Engage and express your mind, body, and spirit through art, journaling, singing, music, or dance.
* Get the sleep you need for your mind and body to function well.
* Check out some online video or live-streamed fitness classes.
* Avoid the urge or rationalization for those “comfort foods” that are unhealthy or high in calories. Commit yourself to a balanced diet.
* Breathe! It sounds funny, but a few deep breaths can calm and restore you. O2 is good for the brain!
* Take time to be in nature and ground your whole self.



***The Serenity Prayer***

God, grant me the serenity to accept the things I cannot change

Courage to change the things that I can

And the wisdom to know the difference


**Hold onto your sense of meaning and purpose during this time. Focus on what is important to you and that which brings you peace and joy.**

**SPIRIT**

* Notice the good. Practice gratitude and appreciation daily. Share what you are thankful for with others.
* Seek out your higher power for comfort and strength. Realize and accept what you can control and what you can’t control. We are only human. Sometimes the only thing we can control is how we respond.
* Attend a service or create a personal ritual to acknowledge the losses you are experiencing. These rituals mark a moment in time that you dedicate to releasing the sadness, processing the unknowns, gaining wider perspective and restoring hope.
* Fill yourself and the space around you with love. Be a source of hope and positive energy in the midst of darkness through thoughtful words and actions.
* Practice mindful awareness and being present to the moment without judgement, but with compassion for yourself and others. Attend the 15-minute ‘Be Still’ reflections in the Chapel at noon on Tuesdays and Thursdays. Center yourself with daily reflection.
* Stay connected or reconnect with your faith community. Return to Scripture for words of hope and solace.
* Acknowledge what you do is out of love and care for others. You have a special gift of compassion. You have been given a purpose. Thanks be to the Creator, for creating wonderful you!