



COVID WELLNESS TIPS

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WE ARE ALL IN THIS TOGETHER

HAPPY NEW YEAR!

We are celebrating the dawn of an exciting **new year**. The **new year** gives us ample space to **creatively reset** and **reimagine** our life towards new possibilities that will energize and uplift us. Below is an exercise that can help us go beyond our habitual ways of being and perceiving so we may bring to light on who we **want to be** and **can be** in the **new year**.



Wishing you the **BEST OF HEALTH AND WELL-BEING** in 2021!

SUPERHEROINE/SUPERHERO PLAY, *courtesy of Art of Health & Healing Team, Alan Siegel*

If you could create your own superheroine or superhero, what would this character be like? What kind of superpowers and personality characteristics would they have? What would be most important to them?



- What would be your superheroine or superhero's **name**? What would their **superpowers** be?
- What are some of the **strengths** and **gifts** of this character?
- Describe your character's personality in **3 words** (for example: bold, courageous, sassy); What is **most important** to your character?
- What does your character **look like**? Draw, paint or create through collage an image of your superhero/heroine.
- In what ways is the superhero/heroine you created **similar to you**? What are some of your **strengths/skills/gifts**?



CELEBRATION: JANUARY 2021 (National Infusion Nurse Specialists Day, Jan. 25th)



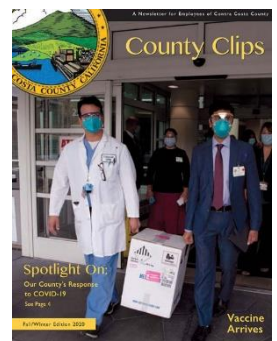
NEW YEAR'S RESOLUTION: BE READY

January is the best time for us to **review and refresh** our emergency preparedness and supplies so we can easily remember and be more ready for anything in 2021 as 2020 was hectic with emergencies; e.g., pandemic, wildfires, extreme heat, strong winds, etc.:

- **"Go Bag"/ Emergency Kit** with food, water, first aid, phone numbers, prescriptions, medical condition/allergies summary, documents, change of clothes, hand sanitizer, mask, sunscreen, toothbrush, toothpaste, flashlight and radio with new/extra batteries, mobile phone, phone chargers, spare cash
- At least **½ full Gas Tank** always
- **Emergency/Evacuation Plan; App, Weather Radio, Email Alert Registration**



NEW! Latest Edition of **County Clips for County Employees, Our County's Response to Covid-19, Vaccine Arrives:** <https://www.contracosta.ca.gov/ArchiveCenter/ViewFile/Item/4916>



We care about you. Thank you for all the wonderful things you do here at work. We welcome your Bright Spots, videos, and heartwarming ideas. **We are also distributing Wellness Kits at this time (available while supplies last).** Please contact Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble.