

COVID WELLNESS TIPS

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WE ARE ALL IN THIS TOGETHER



WAITING AND UNCERTAINTY DURING THE CORONA VIRUS

The anxiety of waiting and wondering about how bad things are going to get can take a toll on you at work and at home. You may be experiencing such feelings as fear, frustration, and foreboding. These are normal reactions to uncertainty and an absence of control. You may also be having feelings of solidarity, courage, and hope.

Your mindset and coping strategies are the keys to coping with difficult circumstances and facing the unknown. Below are some **Tips for Dealing with Uncertainty**.



- **USE REGULATORY PRACTICES THAT ARE WITHIN YOUR CONTROL**

- Wake up and go to bed at the same time
- Eat regular healthy meals, have family meals together
- Exercise each day
- Reach out to connect with a friend, family, colleague



- **TAKE CHARGE OF THINGS YOU CAN STILL CONTROL**

- Washing your hands
- Social Distancing
- Limiting social media



- **DRAW ON THE SKILLS YOU'VE USED BEFORE**

- Journaling
- Talking with others about how you feel
 - Contra Costa's Employee Assistance Program, Magellan Healthcare, provides confidential 24/7 support and is set up to provide 6 sessions of teletherapy at no out of pocket cost. **Call 1-800-229-8674.**
 - SAHMSA's Disaster Distress Helpline provides 24/7 crisis counseling and support for people who are experiencing emotional distress. **Call 1-800-985-5990 or text TalkWithUs to 66746.**
- Have Hope; Positive self-talk – We'll make a difference. We'll get through this together. ***This virus will pass.***
- Use Distractions such as reading, video games, movies, and TV.
- Focus on the present – What is happening right now? Be grateful for what you have.
- Have fun and keep it light. Tell a joke – laughter is good medicine.



We care about you. Thank you for all the wonderful things you do here at work. We welcome your Bright Spots and heartwarming ideas, including funny, and positive videos or stories that you see here at Contra Costa. Please send them to the Covid Wellness Team at CovidWellness@cchealth.org. Team Members: Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Samir Shah, Sonia Sutherland, Arlene Trimble.