



Briefing Soundbytes – EOC/DOC's

1. There is much we cannot control during this time, so it is important for us to focus on what we can control. One of those things is our breathing.
 - If you feel comfortable, close your eyes. Let's take a minute to take 5 deep and slow breaths. (Breathe with the team)
 - Please engage in this easy self-care throughout your day.
2. Take a micro break, a minute to walk down the hall and back. Have you ever noticed how walking away from a task or problem for a minute helps you to have an 'aha!' moment? Let's have some aha moments today as we engage in self-care.
3. To help you manage your stress, be sure to take short breaks throughout the day. Just focus inward and breathe.... Take a moment to walk outside to recharge.
4. When we are overwhelmed with external events, our home/family and our work, it can be difficult to feel hopeful and positive. Please focus on what you can and are doing and what you have accomplished. Take good care of yourself here and when you go home.

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5. Nourish your body and mind to feel good, inside and out. Be active by stretching or going for a walk or doing the Par Course.

- Eat healthy – be sure to snack on low-sugar/low carb foods to keep your energy up.
- Stay Hydrated - Stop for a drink of water throughout the day.
- Take time to be mindful of how you are feeling and take some deep breaths or a meditation break.
- There are lots of great meditations on YouTube and some are just a couple of minutes.
- Also check out the resources on the EAP table and on their website [SFHSS.org/eap](https://www.sfhss.org/eap)

6. **For End Of Week:** As you go off to your weekend, be sure to connect with others and talk with the people who support you and enrich your life. Shelter in place is about physical distancing – not really social distancing...Stay socially connected - Share, laugh, and enjoy life together, with proper physical distance.

7. One way to engage in self-care is to remind yourself: "I am doing great work in a time of great need." Celebrate your small successes and dedication. Even though these are stressful times, there are small successes through out each day.

Take some moments throughout the day for yourself: look out the window; share a smile or a kindness; know that you are making a difference.

8. "This could be the worst disaster ever experienced."

"With all due respect, Sir, I believe this is going to be our finest hour." – Gene Krantz, "Apollo 13"

9. We all have strengths. Take a moment to note the strengths you have within you. This is what we can all call on during these challenging times. Be sure to reach out to others when you need it – This too is a strength. Remember Employee Assistance is Here For You and they are offering Tele-counseling – Call 800-795-2351 to speak with a counselor.

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10. We are in this together. Let's take the time today for the simple thank you's and appreciations. When we are kind to others, it makes us feel good and is therefore self-care.

11. One form of self-care is to start a Gratitude Practice. Try it out by doing the Gratitude Countdown. Name 10 things you are grateful for and why – it can be as simple as water, your car, a person your pet or anything else.

12. Practice kindness and encourage connection with others by carrying out random acts of kindness during your day. This can be as simple as saying good morning or hello more often or give a warm smile when crossing paths with someone.

13. Get some rest. Sleep can be one of the best things we do for our well-being. Practice these helpful tips:

- Reduce screen time before bed.
- Consume less Caffeine through-out the day.
- Try to sleep and wake at consistent times.

14. Get plenty of Sunlight! Sunlight helps us RECHARGE and is an important source of Vitamin D, essential for our body and our brain. Check out the Well-being website for additional tips on well-being. [SFHSS.org/well-being](https://www.sfhss.org/well-being)

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16. Wisdom from one of our Harry Potter favorites, Albus Dumbledore...“Happiness can be found even in the darkest of times, if one only remembers to turn on the light.” When you are stressed, remember to laugh and think about what makes you happy.

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17. Challenging times can present us with new opportunities – one of those is to start a mindfulness practice. Mindfulness is when you are actively noticing and paying attention to your thoughts, feelings, behaviors and movements, the effect you have on others and how others are effecting you. It is about making choices about how you want to use that information for your own well-being and the well-being of others. Check out the EAP & Well-being websites for resources to get you started. [SFHSS.org/eap](https://sfhss.org/eap) and [SFHSS.org/well-being](https://sfhss.org/well-being).

18. With every difficulty, comes opportunity. This COVID-19 pandemic is an opportunity to hone your self-care skills. One form of self-care is meditation, the practice of calming your mind, experiencing inner peace, and opening your heart; a good way to start, end or take a break in your day. Check out the EAP & Well-being websites for resources to get you started. [SFHSS.org/eap](https://sfhss.org/eap) and [SFHSS.org/well-being](https://sfhss.org/well-being).

19. Lately, it can feel like we are going through each day at full speed with so much new and changing. Ask for help when you need it. Take time for yourself and if you are feeling stress or anxiety that is difficult to manage, ask for help. The Employee Assistance Program is available to you: 800-795-2351.

20. Remember to laugh. Laughter is the best medicine. Laughing lightens your burdens, inspires hope, connects you to others, and keeps you grounded.

21. We are in this together – If you notice someone who appears to be struggling with stress or anxiety, ask a simple question. “How are you doing?” If you are struggling yourself, reach out to someone you trust and ask for help. Remember to check out the EAP information table and you can call to speak with a counselor: 800-795-2351.

WE'RE HERE *For You*
