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To: "NCSTICN@listserv.fairfaxcounty.gov" <NCSTICN@LISTSERV.FAIRFAXCOUNTY.GOV>

Subject: TICN Special Edition *Self-Care*

Reply-To: ncsticn@FAIRFAXCOUNTY.GOV



Network Members

We know that everyone who is part of our TICN is adjusting to change right now related to the rapidly evolving situation with COVID-19. Some of our members are self-quarantining, and others are caring for children or elderly family members at home in the wake of school, senior center and adult day health center closures. Some of us are adjusting to telework, and many others are continuing to report to our work sites daily to serve the public during this time of stress and uncertainty. While most of us have long been in the business of serving the most vulnerable members of our community, we are in uncharted waters at the moment. As the workforce is challenged to be flexible, understanding and compassionate in their professional roles, we are also managing the impacts of the pandemic on our own

families and friends. **Taking care of ourselves is more important than ever!** During this time, we hope that TICN members can continue to model trauma-informed responses in their own workplaces in response to this community-wide trauma, while also lifting up examples of ways we see folks contributing to the core protective systems in creative ways. **How can we support connection to community, attachment and belonging while social distancing? Where can we pause and reflect on the amazing examples we are already seeing in our community where our systems are adjusting to rapidly changing conditions to meet basic needs?** Please continue to look to each other for support during this time, and feel free to pass along tips, success stories and examples of resilience for us to share.

Special Edition

Below you will find some self-care resources to help with the life changes and heightened stress and anxiety resulting from COVID-19. We hope these are a helpful start! Please send along your own ideas or other resources you come across so we can share them in a future edition.

Thanks to Bethany Mallino for sharing this graphic 😊
Find more at [www. blessingmanifesting.com](http://www.blessingmanifesting.com)



Please keep yourselves and your clients informed and healthy by following the guidance of trusted sources.

Get the latest updates by texting FFXCOVID to 888777

Trusted sources of information include:

- [County's Coronavirus Webpage](#)
- [County's Health Department Coronavirus Webpage](#)
- [Virginia Department of Health](#) (VDH)
- [Centers for Disease Control and Prevention](#) (CDC)
- [World Health Organization](#) (WHO)

Social Media:

Fairfax County [Twitter](#) and [Facebook](#) accounts

Fairfax County Health Department's [Twitter](#) and [Facebook](#) accounts

Fairfax County Office of Emergency Management Facebook account [Ready Fairfax](#)

Check out this resource from the U.S. Department of Veteran's Affairs that has some great tips for [Managing Stress Associated with the COVID-19 Virus Outbreak](#) that are applicable to all of us. Consider sharing the handout with your colleagues and partners, or picking a few strategies to focus on with your team.

Network member Mary Beth Testa has the following tips to share with those who are jumping into the world of telework. Thanks for sharing Mary Beth!

I have been working from home exclusively since 2013. I love it for many reasons—but it also took some time to figure things out. This is a real practice, and it takes discipline.

Colleagues around the country are finding themselves (in most cases rather suddenly) working from home for the first time, with the added worry of the COVID-

19 health crisis, and the added complexity of having children or other family members at home too.

One of my clients asked me for guidance as the team transitions to working from home. Here are my tips for colleagues with office jobs that are now work-from-home jobs, with some ideas thrown in to address this specific crisis time. I hope this is helpful.

- Have a separate designated work space if possible. If this can be an entirely separate room from where non-work life is taking place, that's great. But this may not be possible and that's OK too. Whatever space you have is OK. You're great. Is it OK to do a conference call from the couch? Of course, it is. But the work period is best conducted from something that feels like work (like a chair and table), to stay in a work mind set.
- Eat lunch at lunch time. Set a timer or schedule it so your calendar beeps if that helps. It is very easy to lose track of time. Try to not eat lunch at your desk/work space. Eat somewhere else in your home if possible.
- Have the same amount of coffee/caffeine you'd ordinarily have. Don't have extra coffee just because it is suddenly a few feet away in the kitchen, and don't have less just because you forget/lose track of time.
- The workday has an end. Honor that for yourself in the home space. This practice doesn't have the clear leave-work-go-home transition, so you'll want to watch out for it for yourself. Do this even if you'll be back at it later. For instance, stop working at 5:00 and transition to family/personal time even if you know there's a call at 7 or work to catch up on later in the night. You don't have to be available round the clock just because you have stayed in this home location.
- If your office day might ordinarily include going out to get lunch, or simple movement to someone else's office down the hall, you will miss that step away/move around time. Find a way to do that. It can be simple like getting up and moving for a couple minutes each hour or taking time to go outside.

(I'm not saying get a dog right now, but if you have a dog, they are really great for this structure.)

- If your day ordinarily include lots of interaction and suddenly that's gone because things are cancelled and you thrive on interaction, find ways to replicate this connection over video call.
 - Separate your time and try to stick with it. Work time is work time. Resist the draw to throw in some laundry or do another chore even if it is quick. The distraction is enough to change your work mind set. But, if a family member needs you, they need you. Just hit a work pause and go parent, for instance, or take the relative to an appointment and be present for it. Everyone I know – me included – who works exclusively from home does not ordinarily do this while our children are at home. This is going to be different. Let's make room for each other on this. It is super stressful to try to do these things simultaneously even in ordinary times and no one is satisfied in the end. When your time feels like confetti being thrown around, it is hard to feel like this is good. [Employers: please support your employees in this way. Please appreciate the gravity of the situation and message clear and reasonable expectations.]
 - *Also, this isn't just ordinary "work from home" time. This is a crisis. It is OK to take care of you. It is OK to do something, to read something, to write something, that is not related to the crisis. It might be important now to also let yourself do something, read something, write something, that is not related to work at all, but is still just for you.*
 - Some people will also say keep your morning get-ready routine like you're going to an office. This is less important to me, but it might be important to you. (Comfy pants and no make-up days are my favorite, personally.) Try it both ways and see if your own appearance/the intention you give to your appearance makes an impact on your work mind set.
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To give us all something to look forward to, check out the graphic below to preview the plan for Virginia Resilience Week. Our friends at Greater Richmond SCAN have been hard at work developing materials. There will be a theme for each day of the week, and they have already pulled together some infographics with suggestions for each day. We hope to be able to insert some Fairfax specific ideas and events, but for now, check out the Resilience Week website here to get ideas for 50 ways to celebrate mindfulness, tranquility and self-care. Most of the suggestions can work despite social distancing!

<http://grscan.com/resilience-week-virginia/>

RESILIENCE WEEK VIRGINIA

MAY 3-9, 2020



SANCTUARY SUNDAY



sanc·tu·ar·y (saNGk(t)SHə,wērē)

noun: a place of refuge or safety

Where do you find sanctuary individually? Where do you find sanctuary with others? Find ideas [HERE](#)



MINDFUL MONDAY



mind·ful·ness ('mīn(d)f(ə)lnəs)

noun: a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

Find ideas [HERE](#)



TRAUMA-INFORMED TUESDAY



trau·ma (troumə,'trômə) - in·formed (in'fôrmd)

adjective: becoming "trauma-informed" means recognizing that people often have many different types of trauma in their lives. People who have been traumatized need support and understanding from those around them. Find ideas [HERE](#)



WHIMSICAL WEDNESDAY



whim·si·cal ('(h)wimzik(ə)l)

adjective: playfully quaint or fanciful, especially in an appealing and amusing way. Today is all about play, creating fun art and humor. Find ideas [HERE](#)



TRANQUILITY THURSDAY



tran·quil·i·ty (traNG'kwilədē)

noun: the quality or state of being tranquil; calm. Where do





2020 Meeting Dates:

Tuesday, April 14th- Stay tuned for virtual meeting details

Tuesday, June 2nd

Tuesday, August 4th

Tuesday, October 6th

Tuesday, December 1st

All meetings (except for April!) will take place from 10:00-12:00 at a **NEW LOCATION:** the CSB Merrifield Center- Conference Room 3-314



Questions?

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**Fairfax County Trauma-Informed Community
Network**

<http://bit.ly/fairfaxTICN>

<https://www.acesconnection.com/g/fairfax-county-va-trauma-informed-community-network>
