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**Subject:** TICN Special Edition \*More Self-Care\*

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## Network Members

We know that everyone who is a part of our TICN is continuing to adjust to the changes thrust upon all of us by the pandemic, and the role that many of us face in responding to it in our professional roles, while also managing the impact on our own families. **Taking care of ourselves is more important than ever!** We are happy to be able to help you to wade through the ever growing list of resources currently available to support self-care, and to direct your attention to content from trusted sources.

### \*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 helpful!

There are some great resources from national organizations that are worth checking out and sharing.

The CDC has a new page offering guidance for [Stress and Coping During COVID-19](#), and the National Child Traumatic Stress Institute just released a series of Fact Sheets offering strategies for [Coping in Hard Times](#) for a variety of audiences (community organization leadership, parents, youth and school staff).

A therapy practice in California creating this [amazing](#) workbook. [Tolerance for Uncertainty: A COVID-19 Workbook](#). Download for free with the promise of a random act of kindness 😊 Seriously, this one is not to be missed!



### Stay Connected to your team:

- \* Regular team check-in's via Skype, Slack, Facetime, etc. (with video 😊)
- \* Consider virtual team lunches or social events
- \* Use e-mail, Microsoft Teams, and other tools to share in celebration of team members birthdays and other life events, success stories from the day/week, and inspirational and uplifting content

- \* Consider a buddy system where folks are regularly checking on one another and providing opportunities to debrief current challenges and everyday work stressors
- \* Make checking in on team members well-being and self-care practices part of standard communication- especially during this time

### **Stay connected to your physical and mental well-being:**

- \* Remember to stay hydrated, and to break for meals and snacks
- \* Try to get up and move a bit for a few minutes every hour or so. Bonus points for quick walks outside.
- \* Consider taking advantage of the multitude of FREE online opportunities for guided physical activity that are currently available. [Good Housekeeping](#) has pulled together a list of livestream options that includes everything from high-intensity workouts to yoga.
- \* Monitor changes in appetite, mood and sleep patterns. Try to notice where you might be seeing impacts as a result of added stress and changes to routines. Maintaining healthy habits keep us all feeling our best physically and mentally, but it is equally important that we are forgiving of ourselves during this time. Strive for balance, not perfection.

### **Stay Grounded:**

Weekly Self-Care Techniques from GR-SCAN in their new Take 5 series:

[Breath](#)

[Tense and Release](#)

[Quick Grounding Techniques](#)

[Free Coloring Pages](#)

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[Deep Breathing Animations](#) (be sure to check out the whole thread)

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[Virtual Calming Room](#)

## **Tune into the Beauty of the World from Home:**

[Explore.com](#) has tons of live feeds, from the [Sheep Barn at Farm Sanctuary](#) and the [Gathering Room at Old Friends Senior Dog Sanctuary](#) to the [Smith River in California's Jedidiah Smith Redwoods State Park](#).

Take a virtual garden tour on YouTube, from the [New York Botanical Garden](#) to [Lewis Ginter Botanical Garden](#) in Richmond, VA.

NPR Music is compiling a list of live audio and video streams from across [the globe](#), categorized by date and genre, with links out to streaming platforms such as Facebook, Instagram and YouTube.

Google's Arts & Culture Collection provides [virtual tours of hundreds of museums around the world](#).

## **Maintain Optimism!**

[The Good News Network](#) shares inspiring and uplifting news from around the world.

[Creativity, Kindness, and Canals Offer Hope Amid Outbreak](#) from the BBC  
[Best Comedy Podcasts to Binge During Coronavirus Quarantine](#) from New York Magazine

[Stories Offering Hope During COVID-19 Pandemic](#) from ABC, including stories of recovery

**Remember, Virginia's FIRST EVER statewide Resilience Week is less than a week away! Keep an eye on your inbox later this week for information about activities for each day, messages to share on social media, and more. If you can not stand the suspense, or want a reminder**

of what is in store, the [Resilience Week website](#) is live and is being updated regularly!