



COVID WELLNESS TIPS

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WE ARE ALL IN THIS TOGETHER

5-STEP STRESS RELEASE

To welcome the new year, **Amanda Dold**, Integration Service Manager, Behavioral Health Division (BHS) is sharing the following brief exercise for you to practice **stress relief**, including links to a **meditation** resource and **evidence-based effective leadership methods during Covid-19**.



BHS also offers **Self-Care Sessions on Mondays and Wednesdays, 4:10 PM – 4:30 PM:** <https://cchealth.zoom.us/j/9258323238>.

WRITE, DRAW, OR REFLECT on these answers:

1. What is one thing I am anxious about today?
2. What is one thing I can do to prevent or prepare for it?
3. What is one reason it is probably not going to be as bad as I expect?
4. What is one reason I know I can handle it?
5. What is one upside of this situation?



- **MEDITATIONS:** This website has great guided meditations, articles, and recommendations for apps: <https://www.mindful.org/>



- **LEAD WITH EMPATHY DURING THE COVID-19 CRISIS**, Leslie Hammer and Lindsey Alley. <https://theconversation.com/lead-with-empathy-during-the-covid-19-crisis-135175>.

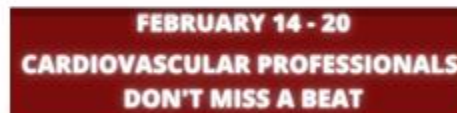
This article highlights how supervisors and managers can help staff through this crisis. Modeling self-care while supporting and responding to the staff's mental health needs during Covid can be done by using two evidence-based methods of effective leadership: **Emotional Support** and **Role Modeling Healthy Work Habits (plus Promoting Work-Life Balance)**.



FEBRUARY 2021 CELEBRATIONS



PeriAnesthesia Nurse Awareness Week
February 1 - 7, 2021



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 CovidWellness@cchealth.org. 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