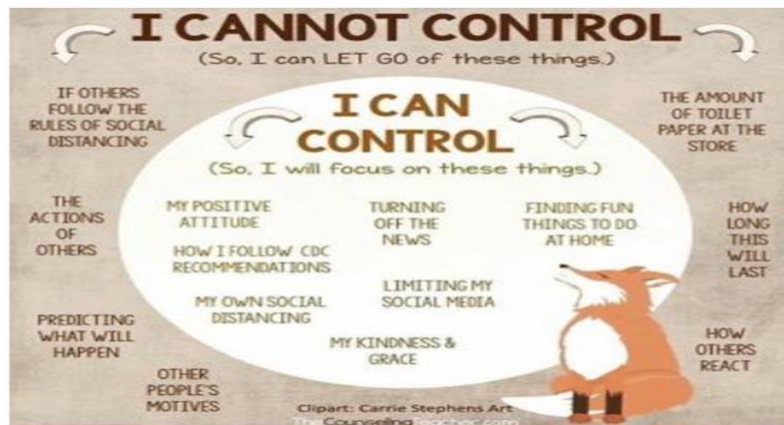


WE ARE ALL IN THIS TOGETHER

COPING WITH UNCERTAINTY

For many people, the uncertainty surrounding the Coronavirus is the hardest thing to handle. We don't know how exactly we'll be impacted or how bad things might get. As cases fluctuate, we feel the tension, the constant changes at work, and the feeling that we are putting things together on the fly. **Let's continue to work together, communicate with one another, and speak up for safety, infection prevention, and well-being.** Here are some tips – even in the face of this unique crisis – to manage anxiety and fears.

FOCUS ON WHAT YOU CAN CONTROL



HOW TO STOP THE WHAT-IF'S FROM SPIRALING

If you feel yourself start to spin out into negativity or panic, **grounding yourself in the present moment** can stop the negative spiral and allow your rational brain to come back online. The technique is simple yet effective: **Bring your attention to your breath and your body. Focus all your attention on the here and now:** noticing the sights, sounds, and smells around you and what you're feeling in your body. **Continue to breathe slowly in and out** – gently bring your mind back to your body and breathe every time it drifts – until you feel calmer.

For audio meditations that can help you relieve anxiety and regain inner calm: <https://bit.ly/3e8udXF>.

Covid-19: Focusing On What You Can Control Changes Everything, Adrian Dayton, Forbes.com, April 1, 2020: <https://bit.ly/38wzRSI>

Emotional Well-Being and Coping During Covid-19, UCSF Dept of Psychiatry and Behavioral Sciences: <https://bit.ly/2Z6KtEx>

Caring for Yourself & Others During the Covid 19 Pandemic: Managing Healthcare Workers' Stress, Schwartz Center: <https://bit.ly/2O51OHG>

We care for you. Thank you for all the wonderful things you do here at work. **Please send your Bright Spots, Videos, and heartwarming ideas to the Covid Wellness Team at CovidWellness@cchealth.org.** Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Jacqueline Mostow, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble.