



# COVID WELLNESS TIPS



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[HTTP://TINY.CC/CCHSWELLNESS](http://tiny.cc/cchswellness)

## WE ARE ALL IN THIS TOGETHER

### QUICK WELLNESS WORK BREAKS AND ZOOM/MS TEAMS ETIQUETTE

Wellness while at work is important to help us re-think, and re-focus our attention and energies. Taking breaks help us in recharging and reigniting our physical, mental, and emotional internal resources. In addition, taking **micro-breaks** provide the much-needed rest to prevent fatigue of a specific body part; e.g., eyes, back, and neck. To make our breaks healthy and enjoyable, below are some wellness rituals, including timely hygiene and etiquette tips during Zoom/MS Teams video conferences, our new communication channel.



- **TAKE A ONE-MINUTE STRETCH BREAK AND FIVE-MINUTE WALK BREAKS**  
Make sure to integrate brief stretch breaks to support your body **whenever you can throughout the day**. Quickly stretch in the breakroom with your workmates – anything to get your blood flowing. **5 - Minute walks** can improve blood circulation & lift moods.



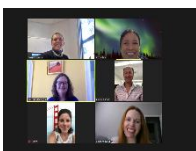
- **KEEP A WATER BOTTLE AT YOUR STATION OR IN THE BREAK ROOM**  
You'll avoid the temptation of soda and other sugary drinks. Plus, refilling your bottle throughout the day will provide you with much-needed micro-moments of rejuvenation.



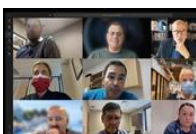
- **TAKE A SHORT NAP, OR CLOSE YOUR EYES FOR A FEW MINUTES**  
Resting and recharging for **five or 10 minutes** will boost your energy to be there for your next patients especially when you worked an overnight shift. Click this link for classical relaxing and sleeping music: <https://bit.ly/2Bqte87>, courtesy of Alan Siegel, MD.



- **CHECK IN WITH A CO-WORKER FOR SUPPORT**  
Monitor each other's stress and encourage each other to take breaks. Peer support influences the effectiveness of individuals, teams, and organizations. How we take care of each other affects our ability to take care of others.



- **VIDEO CONFERENCE (ZOOM/Microsoft TEAMS MEETING) HYGIENE/ETIQUETTE TIPS**  
To help make our virtual meetings productive, connected, and rewarding, the following are some tips: Mute your microphone when not talking; Stay seated, stay present. Speak clearly; Keep body movements minimal; Look into the camera; No side conversations; Have fun! <https://bit.ly/2WQGQ3Y>, <https://bit.ly/2ZTRxVj>, <https://bit.ly/2ZVca3e>



- **VIRTUAL LISTENING GALLERY**, Wednesdays at 12 PM: Click: [JOIN MICROSOFT TEAMS MEETING](#) or call 925-391-1667; Conference ID: 872 649 67#. The Gallery is a safe space where participants can pause, reflect, share their thoughts, and listen to each other. July 29 topic: **What creative things have you done or started doing during Covid? Come join us!**

**We care for you AND WE THANK YOU.** Please send your Bright Spots, videos, and suggestions to [CovidWellness@cchealth.org](mailto:CovidWellness@cchealth.org). Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasul, Jacqueline Mostow, Samir Shah, Alan Siegel, Sonia Sutherland, Arlene Trimble