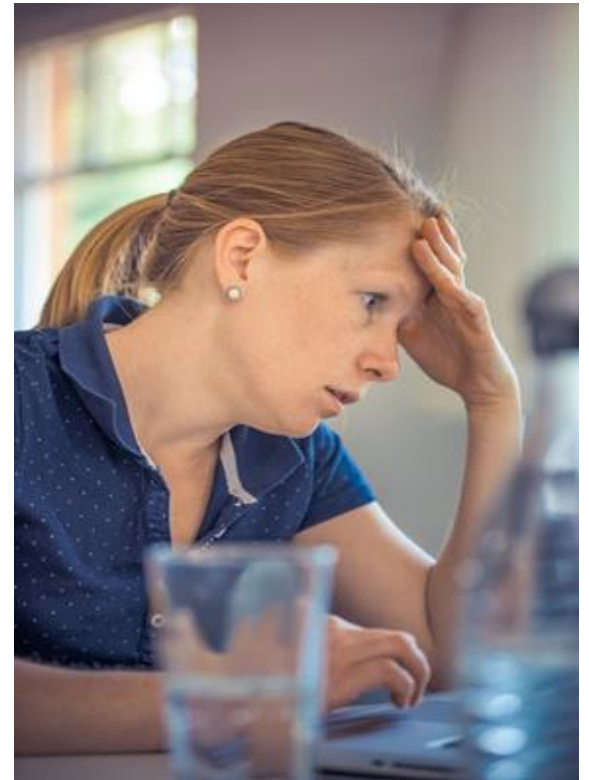# Kindergarten Supports
Self-Care
September 10, 2020

Sarah Blumenthal, RN, MSN, NCSN

State School Nurse Consultant/Assistant Director of Health and Wellness

What
image best
represents
you right
now?

I need a break from this

Is it okay to laugh?

What is the world going to look like after this?

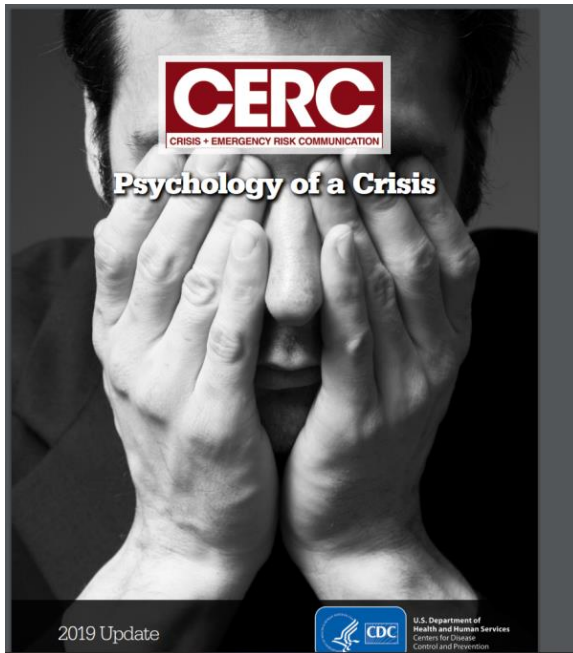The messages keep changing

I'm feeling such a sense of heaviness

I just want normal back!

I'm losing my social cushion!

Life experiences shape how we respond when confronted with new events…

CERC: Crisis + Emergency Risk Communication

Four Ways People Process Information during a Crisis

We simplify messages

- Information overload
- Nuances missed or misunderstood
- Difficulty remembering large amounts of information
- Common sense may not be accessible

We hold on to current beliefs

- Crisis may require changing beliefs
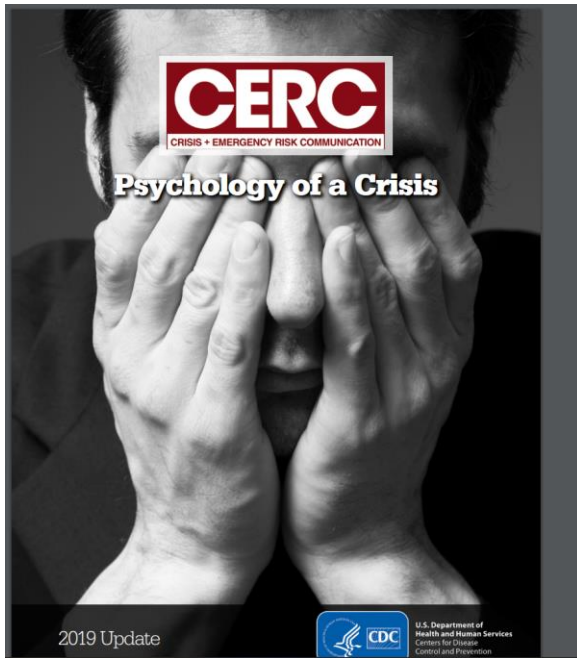- Trusted sources may not have expertise

We look for additional information and opinions

- Searching for new information
- Compare messages for consistency

We believe the first message

- Urgency around getting information out
- The first message becomes the filter for subsequent messages

CERC: Crisis + Emergency Risk Communication

Four Ways People Process Information during a Crisis

Use Simple Messages

- Be clear, concise, don't leave room for interpretation

Use credible sources

- CDPHE, LHPA, CDC, CDE, USDOE

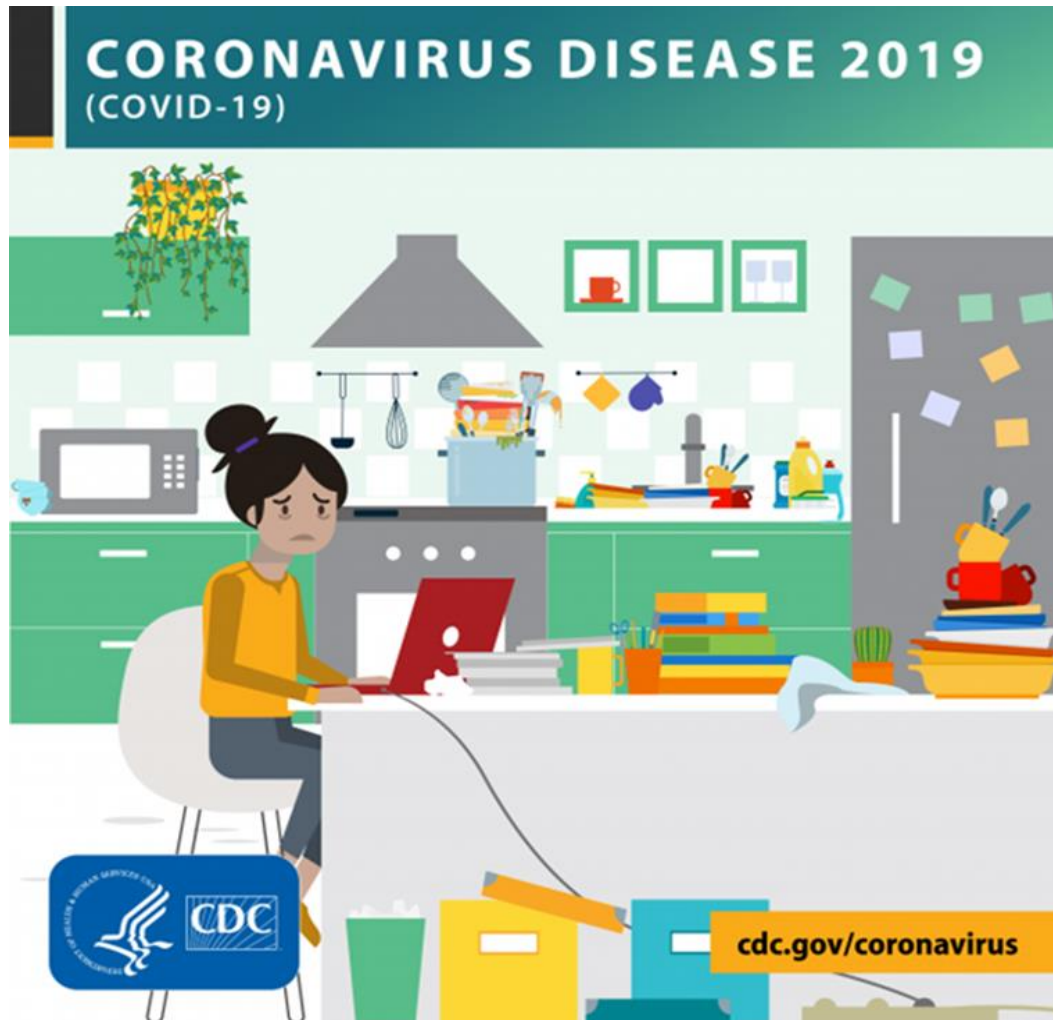Use consistent messages

- Use credible sources

Release accurate messages ASAP

- Sometimes there are no good answers

- It's okay to say…
  - This is what we know
  - This is what we don't know
  - This is the process we are using to get more information

David Kessler – Grief and Finding Meaning

- Naming losses as grief
  - World is collectively grieving
  - Individuals are grieving

- Stages of Grief
  - Grief is an individual journey
  - Stages of grief are not linear

- Finding Meaning – the 6th Stage
  - Not about "meaning" in the actual loss
  - Relates to meaning in how individuals and groups respond
  - Can transform grief into peace and hope

SELF-CARE

Working from Home: Benefits and Challenges

PLUSES

Improved concentration

No commuting

Expands home location

Ability to re-charge
may be easier

Meetings can be
more effective

MINUSES
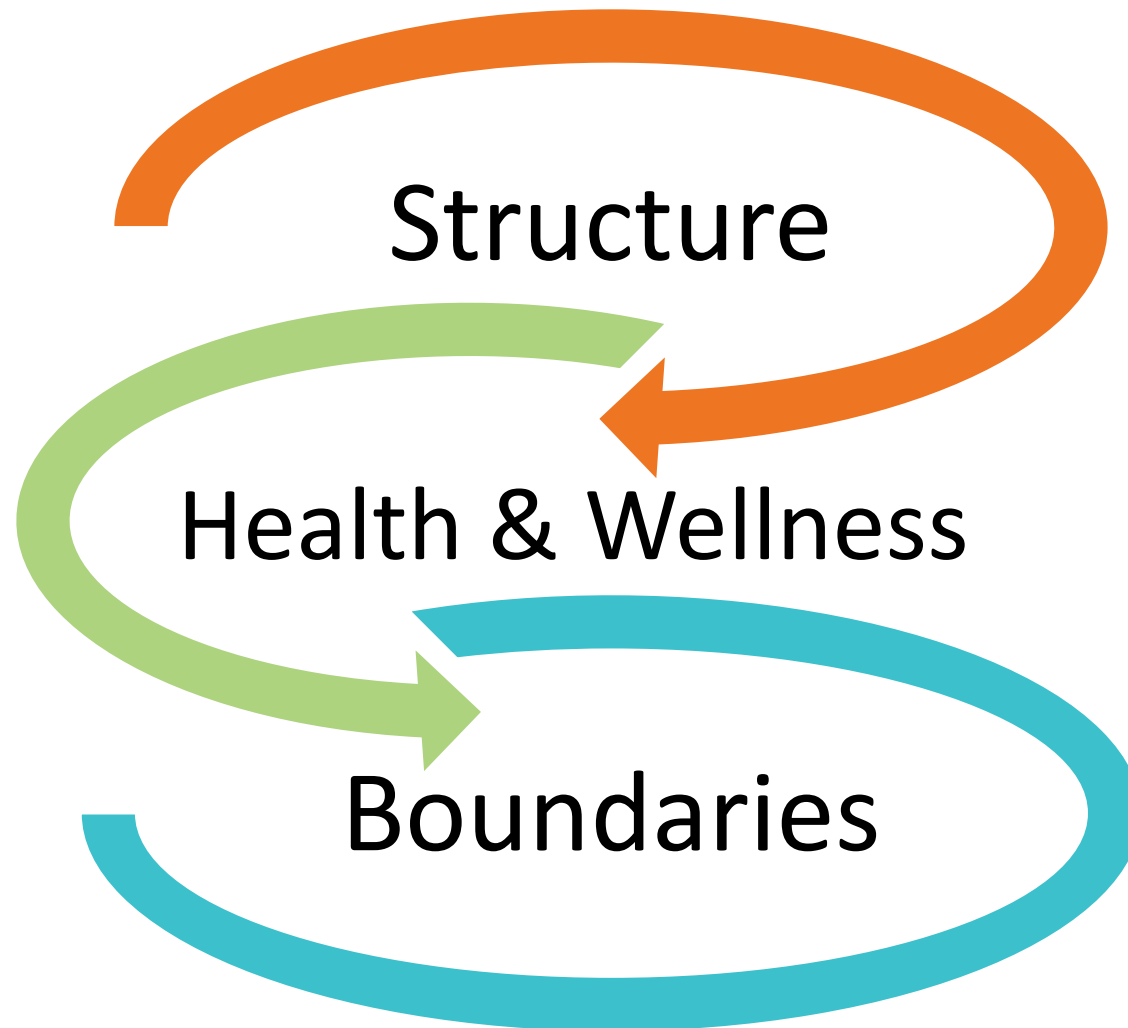
Working too much

Interruptions/Distractions

Time management

Lack of social interactions

Miscommunication

Structure

Health & Wellness

Boundaries

Wake Time & Bedtime
Sleep quality
Energy and alertness

Schedule
Create a "to-do" list
Be realistic
Schedule time to organize
Build in transition breaks

STRUCTURE

Designated Space
Fewer distractions
Keep it tidy
Firm chairs vs. couches

Routines
Shower and Dress!
Your brain is used to commuting!
Create routines that represents your
new commute "to and from" work

HEALTH & WELLNESS

Move Throughout the Day
- Get away from the screen!
- Move at least every 90 minutes
- Stand up during meetings
- Schedule a "walking meeting"

Nourishment
- Eat lunch
- Keep healthy snacks available
- Keep water at your workspace

Connect
- Schedule check-in time
- Re-create what "in-person" looks like
- It's okay to laugh, cry and have fun

Schedule Exercise Time
- Deserves to be scheduled – make a promise to yourself
- Find a way to be accountable

Workspace
- Establish boundaries with household members
- Put your "Work Tools" away at the end of the day

BOUNDARIES

Time for "Me"
- Make yourself a priority
- During time off, spend time doing things you enjoy
- Self care is NOT Selfish

Clock Out
- Schedule it and stick to it
- Create a ritual that represents leaving work and returning home
- Change your clothes when you get "home" from work

- **Care for yourselves, so that you can care for others**

- **Reflect and adjust:**
  - Structure
  - Health and Wellness
  - Boundaries

- **Find meaning**

- **Keep collecting your stories!**

Lessons from Geese: Lolly Daskal

- Interdependence
- Encouragement
- Loyalty
- Rejuvenation

Action Steps

1. Put "people" first – always
2. Stay Calm and Listen
3. Be available, honest, empathetic, clear and simple
4. Address fears
5. Identify priorities
6. Establish Routines
7. Be flexible
8. Practice creativity and innovation
9. Model health habits
10. Collect stories – they matter now, and they will matter later

SELF-CARE
Resources

COMMUNITY, WORK & SCHOOL

Employees: How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic

Updated May 5, 2020   Other Languages ▾   Print Page

Whether you are going into work or working from home, the COVID-19 pandemic has probably changed the way you work. Fear and anxiety about this new disease and other strong emotions can be overwhelming, and workplace stress can lead to burnout. How you cope with these emotions and stress can affect your well-being, the well-being of the people you care about, your workplace, and your community. During this pandemic, it is critical that you recognize what stress looks like, take steps to build your resilience and manage job stress, and know where to go if you need help.

LINK

COLORADO
Department of Labor and Employment

Home | Jobs & Training | Employers | Unemployment | Labor Law & Stats | Workers' Compensation | Voc Rehab

Working from Home? Managing a Remote Team? Maintain Your Productivity with These Best Practices

As COVID-19 takes its toll on our communities, many employers are moving to telework/remote work. This preventive step is important from a public health perspective, but it leaves many workers, managers, and businesses who have never worked remotely or managed remote teams with some concerns. Given that location-neutral employment and remote work are a large part of the future workplace, we wanted to share resources and answers to some common questions that arise when faced with the experience for the first time. We also want to acknowledge the fact that many workers are unable to work remotely, and face additional challenges due to COVID-19 and that these resources do not address those needs.

1. This is my first time working remotely: what should I know?

2. Sometimes I struggle to be productive and focused when working from home? Help!

3. I'm a manager of a remote worker and I want to make sure I'm holding people accountable. What are reasonable management practices?

LINK

COLORADO Department of Public Health & Environment   **COLORADO** State Emergency Operations Center

Home | COVID-19 in Colorado › | Safer at Home | Newsroom › | Data › | LPHAs & health care providers› | State recovery & assistance›

Colorado COVID-19 Updates › COVID-19 in Colorado › Reducing fear and taking care of yourself

Reducing fear and taking care of yourself

Printable PDF version of this page | Español | Tiếng Việt | 中文 | Soomaali | العربية | नेपाली

It is normal to be scared, distressed, or angry when there is a new infectious disease outbreak in our communities. Fear is a natural response to the unknown, and we are still figuring out how COVID-19 will affect our families and our communities. We need to be careful that fear is not what we spread across our communities. When we take actions that help us be prepared, healthy, and informed, we can spread calm instead.

LINK

Resources

- [Centers for Disease Control and Prevention: Stress and Coping](#)

- [Action for Happiness Coping Calendar](#)

- [Neurosequential Network – COVID-19](#)

- [Psychology of a Crisis](#)

- [Unlocking Us – Brené Brown Podcast](#)

- [ZOOM Exhaustion Article](#)