

Social media text that can accompany the #DoYourPart images

Created by Mary Michaud, 4/14/2020

Kindly tag: @visualeverage (downloadable at www.visualeverage.com)

Tags: #resilientwisconsin #doyourpart #essentialworkers



Celebrate Small Things

How do you shape your home to be healthy? Share an idea on this thread for others to use. #Celebrating small things can help get us through. Research has shown that a regular practice of #gratitude goes a long way in helping people bounce back in hard times. #resilience

Resources/URLs:

Wellbeing Toolkit for Educators & Parents (UW Center for Healthy Minds):

<https://centerhealthyminds.org/well-being-toolkit-for-children-educators-and-parents>

I spent a year in space:

<https://www.nytimes.com/2020/03/21/opinion/scott-kelly-coronavirus-isolation.html>



Check

In, Clear Roles

How do you help ensure you're on the "same page" with your family? Share your ideas about how you check in. Research demonstrates that listening--seeking first to understand--can help build good conversations and trust. Helping shape clear roles and responsibilities can also help families get through challenging times.

Resources/URLs:

Parents share tips:

<https://www.insider.com/parents-share-tips-for-working-from-home-during-coronavirus-pandemic-2020-3>

Finding balance:

<https://www.theglobeandmail.com/canada/article-im-burned-out-after-weeks-distancing-at-home-how-can-i-find-some/>



Manage Stress

How do you manage #stress? Share some of the “small steps” that help you relax or remain #calm. Sometimes, it can help to check in with someone who has a calming effect on you. There are a lot of other small things you can do, too, like remembering to stop and breathe deeply, signing, or simply sitting and observing out the window in quiet (it can also help to establish a quiet time in your house, where all devices are silent and family members do quiet activities).

Resources/URLs:

Surviving and thriving alone:

<https://www.wbur.org/artery/2020/04/10/surviving-and-thriving-alone-during-a-global-pandemic>

Various Ways to Manage Pandemic Stress



Rolling Early, Staying Active

How do you stay active? Share some of the ways you're #moving your body every day. Research shows that daily movement can boost #mood. Getting outside, into nature, can also help our brains regain the ability to pay attention. And a lot of us have to get creative to keep moving while keeping our #physicaldistance.

Resources/URLs:

Tips and ideas for staying active

<https://www.usatoday.com/story/sports/2020/04/07/exercise-tips-ideas-stay-active-during-coronavirus-pandemic/2959851001/>

6 rules for staying active in the pandemic

<https://www.outsideonline.com/2411484/how-to-stay-active-healthy-during-pandemic>



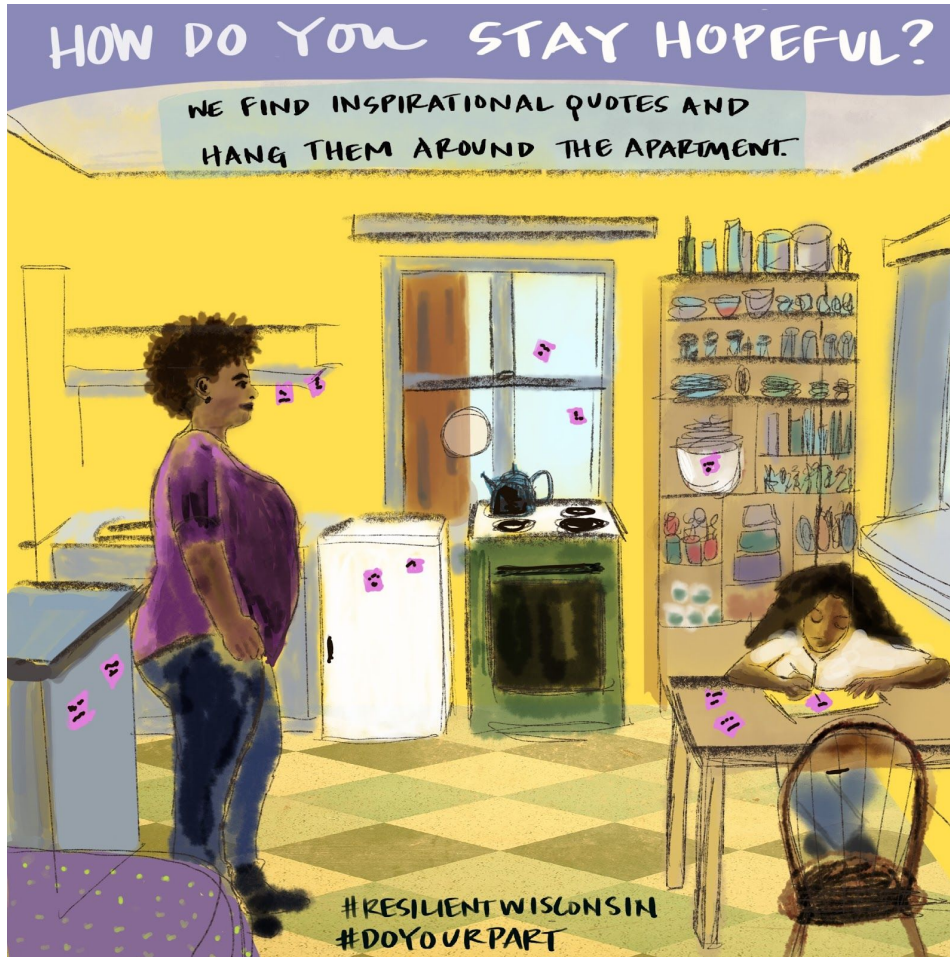
Routine After Work

How do you sanitize after returning home from work? Share some of the ways you're making sure you leave any contamination outside your door. We're #grateful for our #essentialworkers who are taking steps to support us and ensure their families stay safe.

Resources/URLs:

Keeping your home safe as an essential worker

https://www.aafp.org/journals/fpm/blogs/inpractice/entry/covid19_home.html



Stay Hopeful

How do you stay hopeful? Share some of the ways you remind yourself to look for hope in the world.

Resources/URLs:

How to stay positive in the pandemic:

<https://www.psychologytoday.com/us/blog/stronger-fear/202003/how-stay-positive-during-the-pandemic>

15 religious leaders share how to stay hopeful in the pandemic:

<https://www.dailysignal.com/2020/03/29/15-religious-leaders-share-how-to-hope-during-the-pandemic/>

How to stay hopeful according to TIME 100 leaders:

<https://time.com/collection/finding-hope-coronavirus-pandemic/5820599/how-to-stay-hopeful/>

John Krasinski's Some Good News:

https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug

Spirituality during COVID-19



And Stretch

How do you take care at work? Share some of the ways you practice self-care when working in stressful environments. Research shows that short breaks, attention to posture, and stretching/strength routines can boost energy and reduce injury on the job.

Resources/URLs:

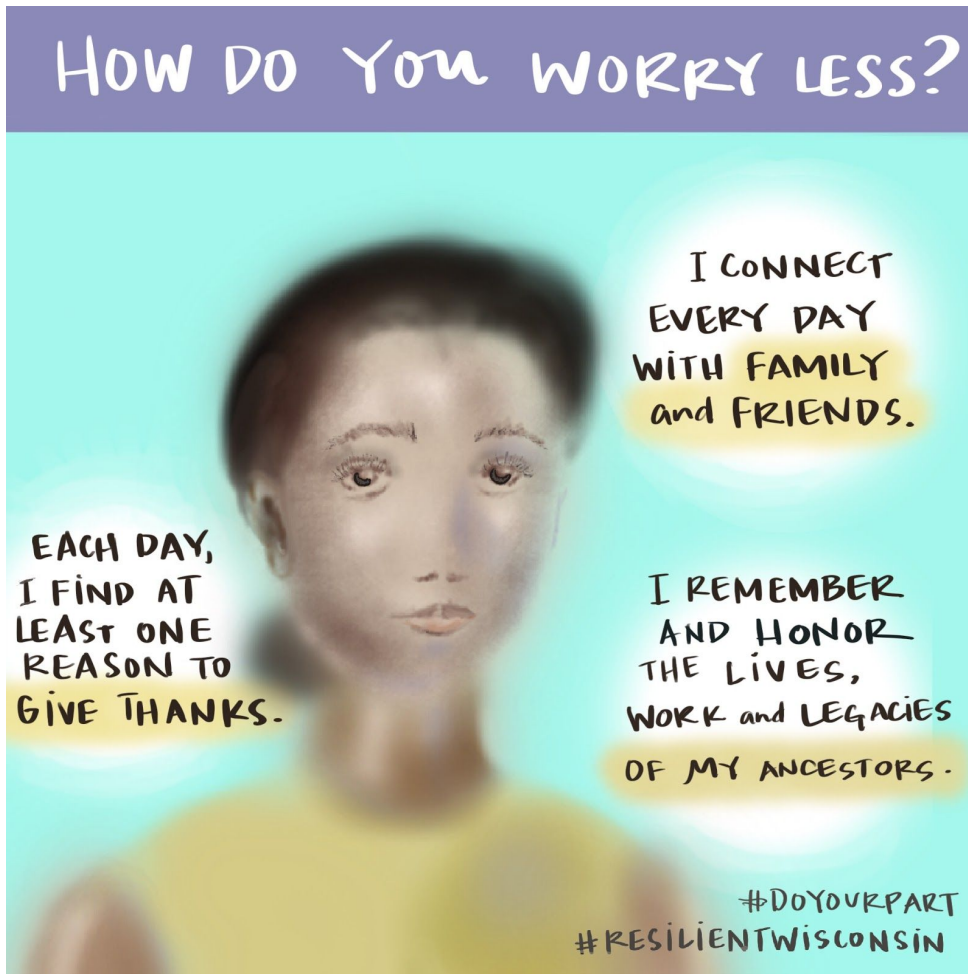
Self-care as an Essential Worker

Essential workers: How to keep yourself and your loved ones safe:

<https://www.osfhealthcare.org/blog/essential-workers-how-to-protect-yourself-and-your-loved-ones/>

Expectations around productivity (not for essential workers - not sure if this is needed?):

https://www.washingtonpost.com/lifestyle/wellness/productivity-coronavirus-pandemic-projects/2020/04/06/742edf54-76e4-11ea-85cb-8670579b863d_story.html and <https://www.chronicle.com/article/Why-You-Should-Ignore-All-That/248366>



Worry Less

How do you help yourself to #worry less? Share some strategies you use to reduce the worry. Sometimes, just noticing how we “talk to ourselves” can help us become more aware of why and when worry starts to take hold.

Resources/URLs:

Anxiety reducing tactics

Managing stress and anxiety:

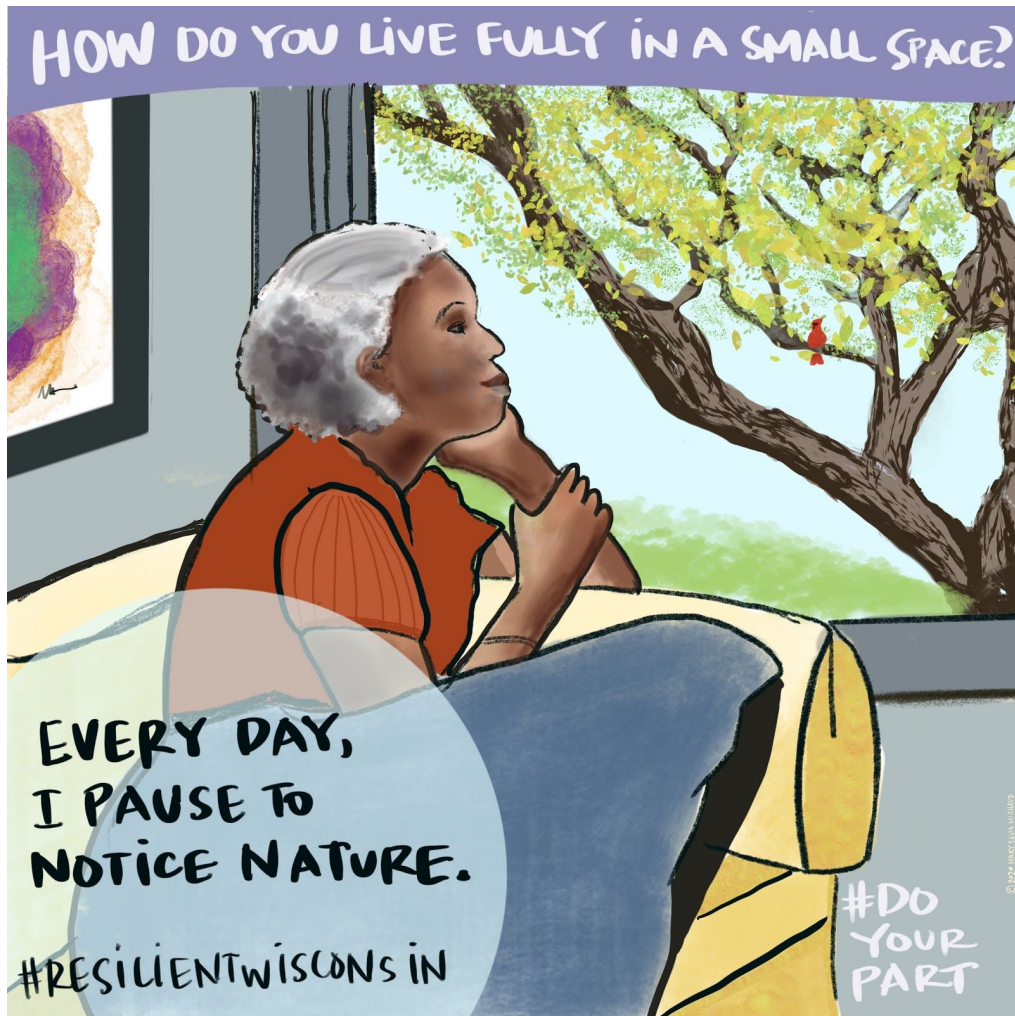
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

How to manage anxiety in a pandemic:

<https://www.vox.com/identities/2020/3/21/21188362/manage-anxiety-pandemic>

Coping with stress, fear, and worry:

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>



Pause to notice nature

How do you manage stress? Getting a daily “dose” of nearby nature, can also help our brains regain the ability to pay attention. Why? Even watching a nature scene out a window for fifteen or twenty minutes can help us relax because it doesn’t require us to focus our attention. It just draws us in. If you cannot get outside, how can you access nature from inside?

<https://news.uchicago.edu/story/why-time-outdoors-crucial-your-health-even-during-coronavirus-pandemic>

<https://www.sierraclub.org/sierra/if-you-must-venture-out-during-covid-19-heres-how-do-it>