Stocking a healthy pantry to fuel the immune system
Eating healthy cannot prevent COVID-19, but if you're filling your body with nutrients like vitamins, minerals, antioxidants and phytochemicals from healthy food, you are going to keep your immune system strong. Consider these options when grocery shopping:

• Grains are a great source of fiber including bread, pasta, rice, oatmeal, whole grain cereals, granola and crackers
• Canned fruits and vegetables, dried and canned beans, lentils and tomatoes
• Dried fruits, nuts, peanut butters and other nut butters
• Meat and dairy staples such as milk, cheese, yogurt, eggs, fresh meat, poultry and fish

Express gratitude
In the midst of a crisis we need to remember to express gratitude for the good things. Scientific studies show that expressing gratitude daily increases happiness and resilience. Here are several effective ways to experience gratitude.

• Start your day by sending a gratitude email or text to someone you appreciate
• Regularly write down three things you’re grateful for
• Thank and praise the important people in your life often
• Focus on your grateful emotions for 10 seconds to help the good feeling last longer

Moving beyond negativity
During a crisis it’s hard not to focus on the negative, but we can train our brains to focus on the positive instead. When you experience good feelings be sure to savor them. When done repeatedly, this creates a positive neuropathway in your brain that competes with any negativity bias. Here’s why training yourself to focus on the positive is so important:

• The brain defaults to whatever we pay most attention to
• We typically do not feel positive and negative emotions at the same moment. So, when you can, stay connected to the positive side of things
• When you savor the good feeling for 10 seconds, you enjoy it longer and your brain actually retains that positivity
• When you share your good feelings, it multiplies the goodness

Turn it Off
Between constant COVID-19 related tasks at work and the endless coverage on the news and across social, it can feel near impossible to take your mind elsewhere. How can you get away and focus on other things?

• Limit your consumption of news coverage to essential information distributed by the Centers for Disease Control and the World Health Organization
• Take a break -- turn off the TV
• Put your phone down and step away from social media
• Consider instead reengaging in hobbies you have neglected or take a walk
• Exercise will help clear your mind
Overcoming Loneliness
While social distancing is a safer solution during COVID-19, it comes with its challenges, including feelings of loneliness. Below are some signs that you may be lonely as well as suggested recommendations for change.

**Signs and symptoms**
- Increased feelings of sadness, anxiety, worry or depression
- Increased binge-watching on TV
- Increased alcohol consumption
- Feelings of loss when you have no new calls, texts or social media likes

**Suggested solutions**
- Set up a regular zoom call to get together with family or friends
- Adopt a pet in need of a home
- Get outside for safe social distancing meet ups
- Reach out to our free and confidential Employee Assistance Program counselors to review your concerns. [Click here for more details.](#)

How you are feeling matters
Working in health care can be stressful in the best of times, and these are not the best of times. We understand that the events of recent days have added to the angst many of you have already felt as you work tirelessly to care for our patients and for each other. As we continue to navigate these uncertain times, please remember that we have resources available to all our team members and their families:
- Mission & Spiritual Care is available 24/7 by calling Chaplain Connect: 855-483-6977
- Employee Assistance Program (EAP) representatives provide 24/7 confidential and no-cost consultations: WI 1-800-236-3231 | IL 1-800-775-0304
- Additional support resources can be found within the Resilience & Well-being Resource Guide

Relax: Be aware of our senses
With so many things to do, we often don’t take the time to see what’s happening around us. Taking time to utilize your 5 senses helps you ground yourself in the present moment and promote relaxation.
- **What do you see?** Find 5 things that you had not noticed before - a pattern on the wall or an object in the room.
- **What can you feel?** It may be the pressure of your feet on the floor, the weight of your shirt on your shoulders, or the temperature of your skin.
- **What can you hear?** Notice the background noises - the hum of an air conditioner, chirping of a bird or cars passing by outside.
- **What do you smell?** Bring your attention to two things you can smell — morning cup of coffee, freshly cleaned house, fragrant flowers, etc.
- **What is one thing you can taste?** Pop a piece of gum in your mouth or take a sip of a beverage.
Exercise on the go
Here are some ideas to keep moving if COVID-19 has impacted your regular exercise routines.

Aerobic exercises
- High-intensity interval training - can be as simple as 10-20 minutes on a treadmill or outside.
- Take your dog for more or longer walks; park your car further from work or store entrances.

Strength conditioning
- Core workouts such as crunches, mountain climbers and planks.
- Circuit train starting with 10 reps of squats, lunges, dumbbell rows and jumping jacks. Repeat for 2 sets.

Stretching exercises
- At home, lay on your back and put your legs up against a wall. Do several reps of gentle body twists and end with the yoga position of child’s pose.
- Do 2 sets of front, back and side bends, and knee lifts while standing.

You’ve got a friend in me
We all need each other. Whether you work remote or are on site, knowing how to be a good wingman during this crisis is critical to the team. These simple acts can encourage safety and positive mental health for you, your team and patients.
- Help others verbally process through challenges and let colleagues know you are available to listen and assist
- Admit when you are wrong or don’t know something to foster trust and approachability
- If a peer experiences a hard loss, let them know that you are there for them and check back in later
- Share and solicit positive highlights that have come out of even these challenging times

How to prevent dry, chapped hands
Diligent hand washing with soap and water, or using alcohol-based hand sanitizer, can help stop the spread of COVID-19, but it also can lead to dry hands. Practice these three tips to alleviate dryness while preventing the spread of the virus.
- Wash your hands in lukewarm water using soap, for at least 20 seconds. Hot water can damage your skin. Use a minimum of 60% alcohol-based hand sanitizer when soap and water is not available.
- When drying your hands, remember to use a towel or paper towel versus an air dryer, and dry under your rings.
- Use a hand cream to moisturize after applying hand sanitizer or washing your hands. Lotions typically have more water than oil while creams have more oil and may be better for moisturizing.
How to leave work at work
For our essential workers, it can be hard to take your mind off work when you get home from a long shift. Below are a couple tips to help you transition out of work mode.

• Mark clearly defined boundaries between your personal and work life. For example, stop checking email after hours and ask your team to not text you unless urgent.
• Remember to prioritize your values. For example, if family and friends are a priority, schedule quality time with them, even if it’s just virtually, right when you get home or shortly thereafter.
• Heroes, not saviors. Avoid developing a “savior” complex in being the only one who can do certain things. Delegate and train others to handle situations and grow skills to make you and them better leaders.
• Use the time between work and home to transition. Whether it be processing your day with others or listening to certain songs or podcasts, train your brain and body to know that work is done.
• Learn to let your work mistakes go. Don’t ruminate on your mistakes. Science proves this makes things worse. Remind yourself you have already acknowledged it, addressed it and are focused on the solutions.

Relaxing: Slowing your breathing
With so much to do we often forget to take a moment to breathe. Controlling our breath brings a sense of calm and relaxation to our bodies and minds. Take a slow, deep breath in through your nose. Exhale deeply and slowly through your mouth. Repeat and on the third breath focus on slowing your breathing. Inhale in for 4 counts... and exhale for 4 counts.

• Focus on the feeling of relaxation coming to your body, your heart rate slowing to match your breath. Visualize inhaling calm and exhaling worry and stress.
• Finish with another slow deep breath in through your nose for 4 counts... and slowly exhale through your mouth for 4 counts... allowing the breath to move through your body.

Keeping your family safe
If you’re more focused than ever before on sanitizing your home during this pandemic, make sure you practice caution when using and storing cleaning products. Parents can prevent accidental poisonings with the following precautions:

• Look at your house through the eyes of a child. Examine each room to see what items are within a child’s reach that they might find interesting.
• Move dangerous products up high and out of sight. Keep toxic cleaners and medicines in a cabinet where a child cannot reach or see what’s inside.
• Know Poison Control’s help number. Put the Poison Control (1-800-222-1222) number in your phone and display it near every landline. They are a valuable resource in case of an emergency.
Managing grief
You may be feeling a lot of emotions right now. While it is difficult to place, the anxiety and sadness you are feeling could be described as grief. Once you are able to name it, you can move toward acceptance which may make it slightly less painful to experience. Consider these tips:

• It’s ok to feel what you are feeling but remember, you are not alone.
• Recognize that this moment is temporary.
• If you are overwhelmed by grief in the moment, try to be present and take a minute to breathe slowly.
• If you feel the worst image in your mind taking shape, challenge yourself to think of better images to provide balance.
• Everyone processes fear and grief in different ways. Providing compassion for others and yourself in any moment will help all those involved.

Looking forward for optimism
It’s not always easy to be optimistic when things are so uncertain. But, the simple act of looking forward to something generates optimism. In fact, when we look forward to simple things and do it often, we create more energy and positive emotions. Here are a few examples of what you may look forward to:

• Sharing a tasty meal and enjoying a good cup of coffee or tea
• Reading
• Spending time with children
• Going outdoors with nature
• Virtually meeting with family and friends
• Watching a favorite TV show or movie

Looking forward to those simple things makes them more worthwhile. Make a list of what you are looking forward to and you can feel good about it.

Remember to hydrate
We all know that staying hydrated is critical to performing at your best. It increases your energy, boosts cognitive functioning, improves sleep, has positive effects on your mood among other benefits. Staying hydrated, especially during stressful times is often easier said than done. Here are a few tips to remind yourself to stay hydrated:

• Drink a glass of water first thing in the morning and schedule regular water breaks throughout the day
• Keep a reusable water bottle near as a visual reminder to hydrate; fill up your bottle as soon as it’s empty
• Choose hydrating snacks such as fresh fruits and vegetables
• Use an app to set reminders and track your water intake

*Those who have kidney disease, congestive heart failure or who take diuretics should be cautious about dramatically increasing their water consumption.
Struggling to fall asleep at night?
During these stressful times, it can be hard to shut down. Consider trying these ways to wind down next time you find yourself scrolling through social media when you should be sleeping.

- Take a hot bath or shower – the warm water helps relax sore and tight muscles and raises your core body temperature. When you get out, your temperature will begin to drop, signaling the production of melatonin, a naturally occurring hormone that helps regulate your sleep cycle.
- Read a book – enjoying a book before bed can reduce stress and calm your mind.
- Write a list of what you need to do tomorrow - getting those thoughts on paper can help get them off your mind.

How to get through special occasions after the loss of a loved one
With Mother's Day weekend upon us, many people are coping with the loss of a mother, child or other loved one. On this occasion and all others, remember to focus on what you can control.

- Make room for tears, but make room for joy, too. Always be gentle with yourself.
- Consider writing a letter to your loved one telling them how much you miss them and filling them in on your life since their passing. Read it to yourself or others who may be feeling similar emotions.
- Give yourself space or allow distractions if needed. Do something you enjoy. Remember that while your loved one is gone physically, they leave a legacy and remain in your heart, and in all they taught you.

Team members of every spiritual or religious background, including no faith background, are encouraged to call Chaplain Connect at 855-483-6977 for encouragement and support during these difficult moments.

Connecting to purpose
Resilience is the ability to adjust so you can sustain and continue providing exceptional care for our patients, while also paying attention to fellow team members, loved ones and yourself. Connecting to purpose can help increase our resilience as we navigate the COVID-19 situation at home and at work. Consider these ideas:

- Reflect back to why you became a health care worker and share this reflection with your colleagues. It's likely that you share many of the same motivations.
- Think about another reason you chose your profession. Take yourself back to one of your favorite days or moments in your career.
- Consider how you felt in your favorite moment and try to make today just as positive.
Focus on what you can control
Life is what happens around what you plan. During this unplanned and challenging time, think about rededicating yourself by focusing on the things you can control. Consider these tips:
• Where possible improve your sleep habits: Set a schedule that allows you to get enough sleep
• Exercise regularly: Dedicate time each day to be physically active
• Eat healthy: Be more conscientious and intentional about how and what you are eating
• Keep connected: Use social or digital platforms to stay connected to family and friends

Supporting children and elderly parents
In today’s challenging times you may find yourself not only dealing with your own stress and uncertainty, but also with your child’s and elder parents’ concerns. Here are a few tips to help your loved ones from being negatively impacted by their pandemic experience.
• Being kind to yourself: Taking care of yourself helps sustain your ability to care for others and models self-care to those around you.
• Foster open communication: Ask and listen to how your child or parent is feeling. Acknowledge their feelings and uncertainty.
• Be positive and busy: Create positive experiences and involve family members when planning activities.
• Encourage communication: Make sure your loved ones stay connected with their friends, neighbors and clubs, via phone, video or online.
• Ask for help: It is OK to seek professional help when you don’t have answers or are concerned with the safety of yourself or others.

5 Mental health practices to make each day a little easier
Dealing with any crisis situation takes patience and daily proactive self-care. As the COVID-19 situation continues, try to follow these tips to help you improve your resiliency and overall well-being.
1. Sleep 8-10 hours per day
2. Eat 3 nutritious meals per day
3. Get up and move 1+ hours a day
4. Take breaks from watching, reading or listening to news stories
5. Maintain a schedule during the day

Don’t forget to play
During a crisis there is so much to do and not enough time to do it. But, in order to meet the day-to-day demands, you need to find ways for your body and mind to relax and recharge. In these very difficult times, play is often overlooked as a way to unwind – but it can be exactly what you need. Here are just a few ideas you can try this weekend:
• Play board games with your kids
• Practice a musical instrument, or simply listen to music
• Cook your favorite meal or treat
• Take a walk or hike (following social distancing guidelines)
• Whatever it is, just remember to do things
A healthy diet to help counter impact of stress
Stress hormones can take a toll on our bodies. A healthy diet can help counter the impact of stress by shoring up your immune system and lowering blood pressure. Here are 4 nutrition-packed foods to help with stress:

- **Oatmeal with berries and walnuts**: Not only do oats help stabilize your mood they’re also high in B vitamins, while walnuts are packed with happiness-boosting omega-3s
- **Salmon**: The omega-3 fatty acids in salmon have anti-inflammatory properties that may help counteract stress hormones
- **Dark chocolate**: Look for 70 percent cacao or more, since higher cocoa content means more antioxidants and a bigger boost to endorphin and serotonin levels
- **Yogurt**: It’s full of calcium, protein and probiotics that promote a healthy gut

Practicing mindfulness
Learning how to calm your mind and quiet inner noise can be a helpful tool during any stressful situation in life. Mindful meditation has been shown to help lower stress and improve focus. The new guided meditations in our LiveWell by Advocate Aurora app focus on reducing stress, relieving anxiety, staying in the present and being mindful of your body from head to toe. Practice self-care with these meditation exercises wherever, whenever. Try these meditation tips:

- **Find a quiet, comfortable spot and sit still for a few minutes**. Close your eyes and be present; try to slow down your thoughts.
- **Focus on your breath**. Take a deep inhale, expanding your belly and then exhale slowly, elongating the outbreath as your belly contracts.
- **Imagine a favorite place or soothing time in your life**. Try to imagine the details around that place or time in life. Close your eyes and visualize, while you breathe in and out. Do this for several minutes.

Importance of sleep
We know quality sleep is critical to performing at your best personally and professionally. Work stress and personal stress can hinder sleep routines. Sleep hygiene – practices and habits necessary to have good sleep and alertness when awake - is very important. Consider these tips:

- Set a specific time to go to sleep and wake up
- Manage the light and temperature in the room
- Alcohol can be a sleep disrupter – for improved sleep avoid alcohol
- Be careful with caffeine consumption

Helpful power nap tip: Use the 30/90 rule for tactical napping and napping for performance. This means you nap for 30 minutes or less OR over 90 minutes. A nap between 30 and 90 minutes makes it more difficult to wake up and perform at your best.
Taking care of your body
We can’t thank you enough for your dedication to our patients and we encourage you to listen to your body’s needs while you may be doing things it isn't used to. You may be on your feet more than ever before and, as a result, could be experiencing cramping in your feet and legs. Stretching and massaging your feet and legs in the moment will help alleviate some of the discomfort. However, start by drinking water since cramps often correlate with hydration. Here are some additional tips for addressing cramping:
• Calf cramp: Put your hands against the wall at shoulder height and step back into a lunge stance.
• Thigh cramp: Use a chair or wall to steady yourself and try pulling your foot on the affected side toward your gluteus maximus.
• Foot cramp: Start by sitting in a chair, keep the affected leg straight with your heel on the ground. Take a towel and wrap over your toes and pull back toward your body until you feel pressure on the bottom.

New virtual support groups for COVID-19 challenges
You may be feeling stressed or overwhelmed during these uncertain times and that’s normal. How you manage those feelings can make a big difference in your emotional and physical well-being. Advocate Aurora is now offering virtual support groups for team members, physicians and APCs to address challenges and concerns related to COVID-19. These twice daily groups are accessed through video conferencing or phone and provide a safe place to discuss difficult topics. The groups offer:
• Tips for coping with work and personal stressors
• Ways to enhance self-care
• Approaches to improve emotional resilience and well-being

Talking with loved ones about COVID-19
You’re working hard every day to care for people impacted by COVID-19 however, friends or relatives who don’t take the outbreak seriously can be frustrating and it can weigh heavy on your emotions. When sharing information about staying safe and healthy through the COVID-19 pandemic keep in mind – people are less likely to listen when they’re told what they should or should not do. What you have to share will be better received if delivered using a logical and calm approach. Consider these tips:
• Avoid sharing statistics and instead share specific stories and examples. Communicate how the entire community depends on everyone working together.
• Encourage them to use credible sources for up-to-date information such as the CDC or Advocate Aurora COVID-19 Resource Center.
4 beverages to help you unwind
As the COVID-19 pandemic remains a constant in our daily lives, it’s important to relax and focus on our well-being. Taking some quiet time to sip and enjoy a beverage can be a calming experience. Some drinks have nutritional value that could add to the relaxation. Here are 4 beverages that may help you unwind after a long day:

• **Green tea**: Contains the amino acid theanine which is thought to promote relaxation.
• **Valerian root tea**: This herb – often found in bedtime tea blends – has been credited with reducing nervousness, anxiety and sleeplessness.
• **Chamomile tea**: Contains certain compounds that can ease stress and anxiety.
• **Cherry juice**: Research shows that 1 ounce of tart cherry juice twice a day may help improve the duration and quality of your sleep.

Knowing when to ask for additional support
Feeling stressed is normal during these uncertain times. How you manage those feelings can make a big difference in your emotional and physical well-being. The Advocate Aurora Employee Assistance Program (EAP) suggests reaching out to professionals for help if you are having concerning psychological difficulties. Here are some signs to be aware of in yourself, your fellow team members and even your family:

• Forgetting things more often
• Having trouble concentrating or difficulty making decisions
• Feeling excessively anxious, worried, or sad; noticing increased irritability
• Having trouble sleeping and crying more easily

Work-to-home cleanup - Our top priority remains keeping our patients, physicians/APCs and team members safe; and this includes your family members. Here’s a simple process you can follow for cleaning and disinfecting when going back and forth from work to home.

• When you get home, take off your shoes, hang up your coat and wash your hands for 20 seconds with soap and water.
• Use disinfectant wipes on steering wheel, cell phone, doorknobs, sink, handles.
• On a daily basis, clean/disinfect high touch areas such as remote controls, doorknobs, sinks/counters, handles, refrigerator doors, credit cards, computer keyboards.

It’s important to distinguish between cleaning and disinfecting: Cleaning means physically removing germs and dirt from surfaces. Disinfecting means using chemicals to kill germs on surfaces.
Maintaining resilience when religious observances are disrupted

When these challenging days disrupt cherished religious observances like Easter, Passover and Ramadan, consider these options to help maintain resilience:

• **Acknowledge how much of a loss it may be.** We aren’t gathering with family and friends as we have in the past. We aren’t experiencing familiar rituals, readings, music and traditions the way we may want to.

• **Intentionally observe your holiday.** If we do nothing to observe these special days we feel even more out of control. When we make even small gestures to observe the day, it gives us back a little bit of control. Call family and friends to wish them a blessed and happy holiday. Prepare a dish that is part of the observance in your traditions. Read parts of rituals that remind of when you observed the day in the past and will again in the future.

**WGN RADIO 720 CHICAGO:** Celebrating a “new way” of faith: Things you can do to keep the Easter spirit alive from home. Rev. Kevin Massey, vice president of Mission and Spiritual Care, discusses resilience during Holy Week. If the WGN website is unavailable to you, listen to segments **Part 1** and **Part 2** here.

**Practicing gratitude, meditation and journaling**

Taking time to rest your mind through meditation and turning negative thoughts into more positive ones through journaling can build emotional resilience. If journaling or formalized meditation aren’t for you, stop and think about the things you are grateful for. In any given moment, look around. Connect with your environment. Take time to step outside and hear the birds, feel the breeze and see the sky. Notice all that is around you.

**Improve your spiritual resilience**

Spirituality is a sense of connection to something bigger than ourselves. Here are a few tips to help sustain your sense of self and purpose during challenging times:

• **Maintain spiritual practices:** Continue your regular prayer, meditation or whatever spiritual practice you do to provide balance.

• **Practice gratitude:** It may feel tough in the current climate but being thankful for even little things will help you find peace and hope.

• **Keep meaningful connections:** Whether in your faith group or with your friends, stay connected to the groups that are important to you.

• **Embrace nature, art and music:** Go for a walk, take a virtual tour of an art museum, find a new musical artist or embrace one you have long forgotten.
Boost your immune system

- Feed your immune system with colorful antioxidant rich foods like oranges, berries, spinach, broccoli and red peppers. Other immune-supportive foods include ginger, garlic, mushrooms, coconut oil, meats and poultry.
- Sugar in sweets feeds yeast in the gut, where most of your immune system lies. Help boost your immune system by reducing or eliminating sugar.
- Excess stress suppresses immunity. If you feel overwhelmed or anxious, consider breathing exercises, meditation or calming activities.

Taking a time out

How we react to stress is half the battle. Stepping back and taking a “time out” can help you get new perspective. Your reaction next time may be different.
- Remember what you’re feeling is real. Accept that and focus on moving through your day and finding joy where possible.
- These are tough times. Accept negative feelings and distraction as a natural tendency. It’s how you bounce back from them that matters.

Resiliency in parenting

Families are spending more time together than ever before. Parents working from home, and kids e-learning can be challenging. So how will parents survive? First – give yourself a break. There is no such thing as a perfect parent. Here are some tips to keep in mind:
- Recognize and manage your stress in interactions with children.
- Understand that defiance in a child can be a reflection of fear and frustration.
- Take kids outside to run off energy, while practicing social distancing.
- Build cooperation by playing games – kids against parents.
- Families need structure; consider redefining your routine.

Aromatherapy to soothe anxiety

Research has shown that aromatherapy — the use of natural essential oils to promote healing — can help create a calm mood, a sense of relaxation or a renewal in spirit. Lavender is known for its calming action and ability to soothe nervous tension. Our Advocate Aurora Health Integrative Medicine experts offer these tips:
- Inhalation: Apply drops of lavender to a cotton ball and place within a sealable bag. Open the bag to inhale, reseal to maintain the scent. At bedtime place a scented cotton ball between the pillow and case.
- Comfort compress: In a bowl place 4 cups of water and add 5 drops of lavender essential oil. Soak a washcloth in the aromatic water; wring excess liquid and apply to the forehead.
**Take a moment and breathe** - With everything moving so quickly, it’s more important than ever to take a breath and relax to keep yourself calm, improve concentration and increase your energy. Try this simple relaxation exercise:

- **Inhale** slowly through your nose and comfortably fill your lungs, while saying to yourself, "My body is filled with calm."
- **Exhale** slowly through your mouth, while saying to yourself, "My body is releasing the tension."
- **Repeat** five times slowly, and as many times a day as needed.

**The value of a break** - Take advantage of available breaks and downtime and encourage others to do so as well. Caring for yourself and those around you is key to ensuring our team members stay as healthy and alert as possible:

- Get some sunlight or even bright lights if available.
- Enjoy a cup of coffee or tea. For most healthy adults, 200-300 mg of caffeine per day is safe (about 16 ounces).
- Catch a nap. If you have a longer break, consider a 30- or 90-minute nap to align with your sleep cycles.
- Resist the temptation to work during your break. Try to disconnect.
- Eat a snack high in protein and low in sugar and fat to give you energy without the crash.

**Power of resiliency** – Experts say building resiliency helps with concerns about health, family and finances among other things. Resiliency is the ability to adjust in crisis to ensure we can sustain over the long run. Here are some helpful tips:

- Accept the emotions you’re feeling; they are natural and normal
- Intentionally clear your mind; look out a window and reflect
- Pay attention to your health and whenever possible, take time to make it a priority
- Define a new routine; we all need structure and stability, even if it is different
- Connect regularly with loved ones; relationships build resilience

**Eating well** - To sustain your health and energy, be sure to eat nutritious and whole foods throughout the day whenever you can. Here are suggestions for quick meals and snacks:

- **Breakfast:** Fruit or veggie smoothies with Greek yogurt, oatmeal, eggs, whole-grain toast with natural nut butters or bran cereals
- **Snacks:** Hummus and veggies, edamame, protein bars, nuts or seeds
- **Lunch:** Wraps or lettuce roll-ups, fresh fruit, grab and go veggies, salsa or guacamole and baked pita or tortilla chips, or leftovers
- **Dinner:** Crock pot meals and soups, vegetable stir fry, baked fish
- **Before bed to help you sleep:** Warm milk or chamomile tea
Caring for others – 5 episode video series

**Episode 1 - Listening in challenging times:** The need for resilience and coping tips is extremely important as the COVID-19 crisis continues to impact our professional and personal lives. Our first episode features tips on how to listen effectively when people are under stress:
- Reassure people they are safe, and you are there to listen and help
- Project a calm demeanor; speak with a quiet, even tone of voice
- Practice active listening - repeat back what someone is saying for affirmation

**Episode 2 - Coping in challenging times:** An important part of staying resilient during challenging times is to have strong coping mechanisms at the ready. Here are a few tips to get you started:
- Understand that strong reactions and feelings, as well as sleep disruption, are normal
- Limit screen time in the evening and seek natural sunshine in the daytime
- Take advantage of reflective and relaxation practices

**Episode 3 – Supporting others in challenging times:** Supporting others is something we have all done at some point, whether in our professional or personal lives. We may be used to supporting our colleagues, friends, families and patients on a regular basis but doing so during a crisis requires a whole new level of skill. Here are a few highlights:
- Understand that the strong reactions and feelings of others are normal
- Let others know you care and ask them how you can help
- Start with what people ask for and prioritize their request so it makes them feel more in control
- When people are alone and afraid, help them get in contact with others who can support them

**Episode 4 - Sharing difficult news in challenging times:** As a health care provider during this unprecedented COVID-19 pandemic you may need to deliver difficult news to patients, families or colleagues. While this is never easy there are some ways you can prepare and approach the conversation:
- Prepare yourself and practice delivering the message; Expect strong reactions, this is normal
- Without being abrupt, let your listener know difficult news is coming, “I am very sorry that what I am here to tell you is difficult news…”
- Offer choices - would you like time on your own? Would you like me to come back later for questions? Would you like to ask any questions now?

**Episode 5 - Taking care of ourselves in challenging times:** When we are focused on caring for others during a crisis, we can neglect to take care of ourselves. If we don’t take care of ourselves, we will not be able to take care of others. The importance of self-care is undeniable in our ability to be resilient and helpful to others. Here are a few highlights:
- Find something that helps you unwind, breathe easier and take your mind off worries for a while
- Perform reflective practices like prayer or meditation; take a few moments a day to nurture and feed your body, mind and spirit
- Spend time with family and friends, even remotely