




# COVID-19 Coronavirus

**Given the real health risks of COVID-19, the uncertainty, and the constant barrage of information, feelings of fear and anxiety are both normal and expected.**

As educators and professionals, we are in unique roles as natural helpers with a deep sense of responsibility to take care of others. However, during this period our roles in schools cannot occur in the usual way and may lead to a range of feelings from boredom to even anxiety or helplessness. We are also task oriented, which can lead to feeling frustrated by not being able to take charge and “do”. When at school, we tend to be very organized and structured but now we are confronted by ambiguity and uncertainty. As educators, our role in schools is filled with highly stressful activity and this new event adds another layer. To maintain our mental health and well-being during this time, it is important to:

- ✓ Start with yourself (practice self-care & self-compassion)
- ✓ Be aware of your own emotions and how you feel.
- ✓ Recognize what you currently find stressful
- ✓ Focus on the facts and what you can actually do to look after yourself and others
- ✓ Recognize what you can control; let go of what you cannot
- ✓ Control the amount of information you take in.
- ✓ Reappraise the situation by refocusing or reframing

We know that social distancing is one of the preventative measures to be taken during this time. However, with this it can create periods of isolation and loneliness. We by nature are social beings. We have a biological, and natural need to connect with others. In a recent webinar, Dr. Bruce Perry, child psychiatrist, suggests that we think of it as Physical Distancing rather than as Social Distancing. At this time, we can now use technology to connect with family, friends, and colleagues. Texting is okay, but calling or seeing someone (Zoom, Skype, FaceTime, WhatsApp, Google Hangouts), has a stronger biological impact.



## Social Distancing

## Self-Care Practices

### Physical

- Try to find ways to increase your ability to exercise and be active
- Go outside and move about several times a day
- Eat & sleep well

### Social

- Stay connected with others
- Find fun activities to do
- Seek and share stories of resilience
- Consider what you can do for others who may be less fortunate

### Emotional/Psychological

- Create structure and routine
- Limit and be intentional in watching/reading news and social media news feeds
- Know your limits and maintain boundaries (physical and emotional)
- Embrace the shared experience
- Use distraction

**For more strategies** on how to enhance your well-being during the COVID-19 outbreak, click here:



**For a fabulous video** by Dr. Rick Hanson on how to maintain resilience during this time, click here:

**For practical, actionable ways** to help you build resilience and find some calm click here:

