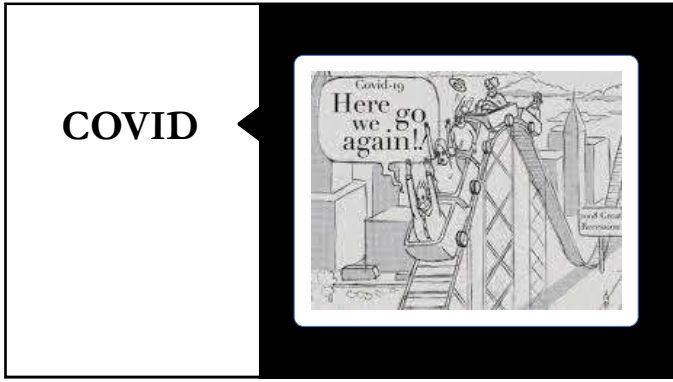
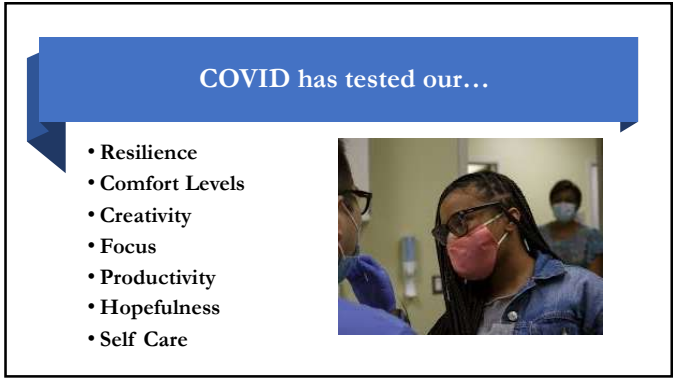




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2



3

What we took for granted



- Giving hugs
 - Parents/ grandparents/ friends/grandkids
- Nature
- Sitting on a plane
- Smiling at people on a walk
- Waiting in the car line to pick the kids up
- Walking into a movie theater
- Getting dressed up to go on a date night
- Going out to eat with friends
- Being able to take care of a sick relative

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Resilience...



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Building Resilience... Starts with Comfort

- Comfort zones
 - Routines
 - Your Job
 - Food




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Building Resilience...
Starts with Comfort





Comfort zones can be physical

- Physical touch
- Pets and animals
- Our work space



7

What happened to your comfort zone over the past year?

- Quarantine
- Social Distance
- Mask Use
- Fear
- Anxiety
- Grief
- Agoraphobia
- Depression
- PTSD
- Fatigue

8

Normal around here is just a setting on the dryer.

We've all learned what 'Normal' means...

9

I can choose to let it:

Define me,
Confine me,
Refine me,
Outshine me,

Or I can choose
to move on and
leave it behind me.


It's all up to Me.

**Choose NEW
Comfort Zones**

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Building Resilience...



Don't go out of the pandemic the way you came in

- Computer skills are up: ZOOM
- You learned to adapt
- Worked from home, different shifts
- You found new comfort skills

finally remember what Zoom meetings remind me of.



11

Beyond Covid...


Perspective *focus*

CREATIVITY
is like
breathing

hope

- Finding Perspective
- Finding Focus
- Finding Creativity
- Finding Hope

12



Beyond Covid...

Perspective focus
CREATIVITY RELAX breathing hope

Recognize we have all been 'bent' by fatigue and trauma with COVID...

- Admin was not exempt
- Staff was not exempt
- Their families were not exempt

Not something a pizza party will fix

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Beyond Covid

Control


- How much control did you have over COVID?

Perception

- Stress scale 1 to 10
- Little gray snake...

Energy

- Physical
- Psychological




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How Did We Handle It?

- RAGE!!
- Eat!
 - Stress eaters
 - Stress Non-eaters
- Distorted Thinking Patterns
 - Silver Linings Playbook




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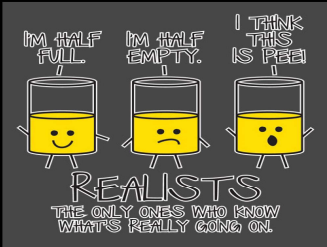
How Do We Cope?

- 5 P's -
 - Proper Exercise
 - Proper Diet
 - Eat to live rather than live to eat
 - Proper Weight
 - Feel good, more 'in control'
 - Proper Rest
 - 60% of working population are sleep deprived
 - Proper Attitude
 - The quality most predictive of health, happiness is:
 - Optimism



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I am not a "glass half full" type of person.

I am a "where did I put my glass?" kind of person.

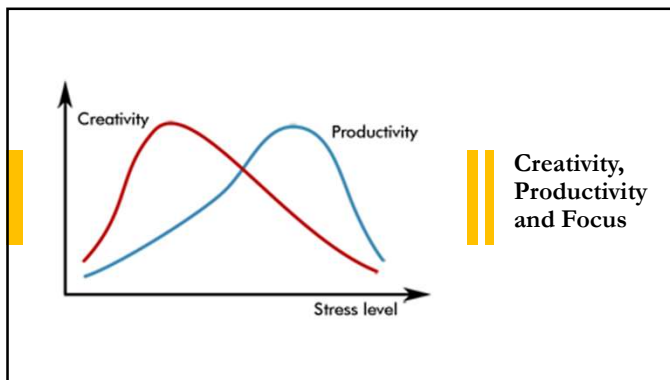
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Is Creativity Linked to Your Stress Level?



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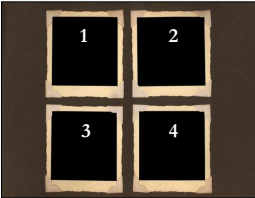
19



20

How to Regain Creativity and Get to Productivity

- Keep the STRESS in Check
- Put it where it belongs
 - Is it an emergency?
 - Can I hand this off?
 - Can it wait until this afternoon/tomorrow?
 - Can I get help?




Some stress is unavoidable, some is not. The trick is to distinguish between the two.

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**TIME MANAGEMENT:
GET ORGANIZED!**



DAILY:

- Importance of the 'First 15'
 - What appointments and tasks do I have?
 - What tasks need to be done?
 - Now **PRIORITIZE!**



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Being Overwhelmed

Perseverance – Patience and Time


- Take a breath
- Make a list of what you need to get done
- Start marking them off one at a time

*"Life is not about waiting for the storm to pass
It's about learning how to dance in the rain"*
~Unknown



23

HOPE BEYOND COVID




After what you have seen and been through in the past year

Would you now...

- Stop living and waste life?
- Create iPad orphans?
- Watch more sunsets
- See the color in the flower petals
- BE with the ones you love

Find Hope by Being in the Present

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Go Back to Basics

Charge your emotional battery

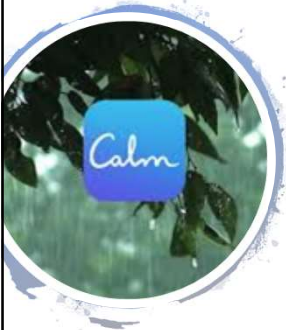
“True silence is to the spirit~
what sleep is to the body...
nourishment and refreshment”

~ William Penn

Coping with COVID-19

- Take breaks from the news
- Take care of your body
- Make time to unwind
- Connect with others
- Set goals and priorities
- Focus on the facts

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Help to Develop Focus

- Calm App
- Brain FM
- Coloring

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Tips for Emerging from Covid

- Mental Strategies:
 - Don't sweat the small stuff
 - Don't run misfortunes over and over in your head
 - Change your perception
 - Stress scale?
 - Little gray snake?




27

Tips for Emerging from COVID

•Physical Strategies:

- Take mini-stretch breaks often
- Practice deep breathing
- Take a mental vacation
 - Favorite photos of kids
 - Hawaii?
 - Lake Tahoe?



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Finding Hope Begins with Taking Care of You!



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• “There is only so long you can run a marathon without your body giving way, and especially with a constantly-shifting finish line, like we have during the pandemic.”

JESSICA GOLD



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There is only one you!

deliberate
individual control WELL-BEING
emotional
Sleep **Self-Care** Exercise
rest **ACTIVITY** Mental


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Hope Means Following a Self Care Plan

• Physical self-care includes:

- Diet
- Water
- Exercise
- Proper rest




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Hope Means Following a Self Care Plan

• Mental self-care includes:

- Attending to your emotional needs by talking to other adults and examining the problem outside of your body.
- Let go of self criticism as everyone has made mistakes in the face of the pandemic.
- Express your thoughts and emotions through journaling, painting, drawing, gardening, and other creative avenues.



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Hope Means Following a Self Care Plan

Ideas for Practicing Self-Care

Physical: <ul style="list-style-type: none"> • Go for a Walk • Hike • Dance • Swim • Clean a closet/drawer 	Mental: <ul style="list-style-type: none"> • Turn your phone off • Read a book • Do a DIY project • Learn a new skill • Draw or Color 	Emotional: <ul style="list-style-type: none"> • Meditate • Yoga • Talk to a friend • Journal • What are you grateful for?
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Hope Means Following a Self Care Plan

Spiritual self care, even if you are not religious, includes living by a set of values you wish for others (compassion, empathy, friendliness, helpfulness, humor, and respectfulness).

Emotional self care includes:


- Embrace nature by spending time outdoors.
- Model good values by being that positive person for your family and others!



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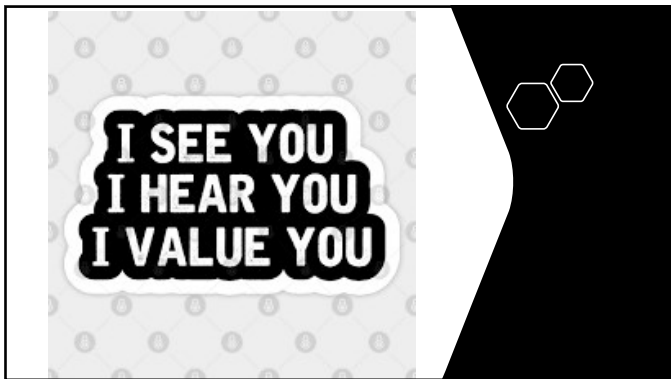
Resilience, Creativity, Comfort Levels and Hope...



- Encourage self-care plans
- Remember that we **choose** how we respond.
- Encourage staying in the moment and not worrying about things that have not happened.
- Encourage everyone to connect with others for support with social distancing

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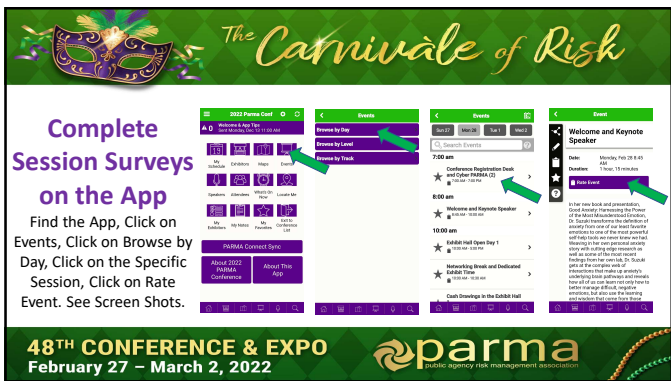
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