

Below are ideas shared by community partners in regard to how they are handling this situation.

We are all in this together.

...See if any of these can be helpful for you.

MOVE FROM ANXIETY TO OPPORTUNITY

- **The City of Lake Forest held a virtual lunch with Linda Porter, who is a Counselor at the Police Department.** Employees and spouses were invited. The purpose is to address some of the stressors that people may be going through during this time.
- **Peter Bower, Market Executive Director with St. Jude,** shares an uplifting poem by [Kitty O'Meara – And the People Stayed Home](#)
- **David Walker, Senior Manager of Mental Health for The Carole Robertson Center** shared guidelines in the organization's [E-brief on Practicing Self-Care](#) while working from home during this epidemic.
- **In a recent virtual meeting held by The Charmm'd Foundation,** members brainstormed on how to move from anxiety to opportunity. Here is what they came up with. *What could work for you?*
 - **Limit social media consumption**
 - **Exercise regularly**
 - **Cook**
 - **Get outside and take a long walk, despite the weather**
 - **Call coworkers to connect (so many emails, using the phone instead)**
 - **Be extra patient, realize people's challenge areas are magnified right now**
 - **Maintain personal/professional boundaries**
 - **Slowing down my morning routine, less news consumption, more listening to music and reflecting**
 - **Shift my mindset to slow down and be ok with not taking on new things at this time**
 - **Step away from negativity**

(Continued)

- **Check in with 3 new people each day (personal or professional)**
- **Use humor**
- **Be open about the amount of change that is happening for staff, acknowledge how hard it is**
- **Cross-train staff and think of new schedules to relieve overworked staff**
- **Encourage staff practice self-care strategies**
- **Meditate regularly**
- **Intentionally spend a few hours each evening and time on the weekends decompressing and not thinking about work**
- **Limit hours worked on weekends**
- **Stretch, move, walk away from the computer periodically**
- **Escape through movies**