



Community Conversation on Resiliency in Uncertain Times Community Resources



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Break-out Session Facilitators

<i>Stressed about COVID Facilitator</i>	Emily Shum, LMFT (909) 293-9124 Emilyshumphd@gmail.com
<i>Financial Uncertainty</i>	Carol Adkisson, LMFT Email@caroladkisson.com Cell: (909) 266-7009
<i>Parenting Support</i>	Tracy Leal info@traumahealingfoundation.com 909-693-3177 Cell: 909-578-0743
<i>Bro it's ok not to be ok Facilitator</i>	<div> Evan Russo NAMI Pomona Valley uclarusso@gmail.com </div> <div> James Curtis, JD Executive Director NAMI Pomona Valley (909) 625-2383 – Office (909) 285-4186 - Cell ed@namipv.org </div>
<i>Living With and/or caring for someone with a Medical Condition Facilitator</i>	Megan Urquidi (909) 315-4985 mlurquidi@verizon.net
<i>Selfless Service</i>	Shelly Majors, LMFT 909-980-2191 smajors@hillsidechurches.com
<i>Teen Facilitators</i>	Chloe Dobbert, AMFT Mary Hoon, AMFT West End Family Counseling Services 909-983-2020 www.wefcs.org SAP@WEFCS.ORG

Organization	Specialty	Contact Information
<p><i>West End Family Counseling Services</i></p> <p><i>Jodi Smith,</i> <i>Partner Spotlight Presenter</i></p>	<ul style="list-style-type: none"> • West End’s early intervention services provide children from birth to nine years mental health services in group and individual sessions. Some children will be eligible for Occupational or Speech Therapy as part of their treatment. • Parenting classes and support are offered to parents and caregivers of children served in our programs. • Children are seen at the clinic or some services can be provided in the community or in the clients’ home. • We offer a variety of mental health programs and services to children and adolescents. Clients can be seen in our clinic, at school or at home. • Services for adults are provided at our clinic in Ontario. We offer several programs and individual and group treatment may be available. • Our Older Adult Community Services Program offers counseling in the clinic and in the home. In addition we offer a variety of psycho-education classes and support groups in the community and at senior centers and senior residences in the area. 	<p>West End Family Counseling Services 909-983-2020 www.wefcs.org SAP@WEFCS.ORG</p> <p>Norton-Fisher Clinic 7165 Etiwanda Ave. Rancho Cucamonga</p>

National Alliance on Mental Health (NAMI) Pomona Valley

- Peer-to-peer Recovery Education course: help if you are experiencing problematic anxiety and/or panic responses, major depression, schizophrenia, bipolar diagnosis, borderline personality diagnosis, co-occurring substance use/addiction, or post-traumatic stress (PTSD).
- Family-to-family Course: family members and caregivers of individuals afflicted with severe mental illness, such as schizophrenia, bipolar disorder, and major depression. Teachers are trained family members guided by a curriculum prepared and regularly updated by the national offices of NAMI. The course covers research to date on causes of mental illness, plus treatment and recovery programs as well as communication and coping skills.
- NAMI Basics Course: The fundamentals of caring for you, your family, and your child with mental illness. **NAMI Basics** is a peer-education program for parents and other caregivers (such as foster parents) of children and adolescents with mental illness. This program is not appropriate for mental health professionals, and is taught by trained teachers who are the parents or other caregivers of individuals who developed symptoms before age 13.
- This class is held one night a week for six weeks. Classes are free of charge, including instructional materials.

Alliance on Mental Health (NAMI)

Helpline

1-800-950-6264

or Text: "NAMI" to 741741

www.nami.org

Answers mental health questions and finds local support groups and programs

James Curtis, JD

Executive Director

NAMI Pomona Valley

3115 N. Garey Avenue

Pomona, CA 91767

(909) 625-2383 - Office

(909) 285-4186 - Cell

ed@namipv.org

Kyoni Cummings

Education Coordinator

NAMI Los Angeles County

Council – Pomona Valley

	<ul style="list-style-type: none"> NAMI Connection: <u>NAMI Connection Recovery Support Group</u> is a confidential and safe support group for adults living with mental health conditions. 	3600 Wilshire Blvd., Suite 1804 Los Angeles, CA 9001 O: 909.625.2383 C:909.736.1651 kyoni@namilaccc.org NAMI PV Help Line: 909.399.0305
<i>Department of Behavioral Health Community Crisis Response Team</i>	<ul style="list-style-type: none"> Crisis Services mental health service (Outpatient Clinics, Acute Psychiatric, Inpatient Hospital Providers, Homeless Services. Specialty Mental Health Services, Fee-For-Service Providers Children/Youth Services (0-26 yrs) (General Services, Specialized Services, Transitional Age Youth Services, Juvenile Justice Programs Adult Services (18+ yrs) (Adult Continuing Care Program (ACCP), Adult Forensic Services Division, Adult Residential Services, Assertive Community Treatment Program, CalWORKs Program, Clubhouses, Conservatorship Investigation Program, Crisis Intervention Team, Housing and Employment Program, Maternal Mental Health, Recovery Based Engagement Support Team, Triage Transitional Services (TTS)) 	Crisis Walk-In Clinic 909-421-9495 wp.sbcounty.gov/dbh

	<ul style="list-style-type: none"> • Older Adult Services (60+ yrs) Agewise Program – Effective 1/2019 under DAAS 	
<i>San Bernardino County Work force Development Board</i>	<ul style="list-style-type: none"> • The supportive services may include, but are not limited to: • Equipment Necessary to Telework, Housing Assistance, Utility Assistance, Childcare, Transportation 	<p>WEST VALLEY AJCC 9650 9th Street, Suite A Rancho Cucamonga, CA 91730 909.941.6500 www.caljobs.ca.gov 1.800.451.JOBS (5627)</p>
<i>Trauma and Healing Foundation</i>	<ul style="list-style-type: none"> • The Trauma and Healing Foundation is a non-profit agency that offers you low cost counseling for all populations. We help individuals, children, couples and teens with anxiety, depression and a number of specialties including: Couples, Bariatric, Immigration, Depression, Anxiety, ADHD, Addiction/Recovery, Hoarding • We are here to help. We usually can get you in within the same week you contact us. • <i>4 Smartphone Coping Skills for Anxiety</i> https://www.youtube.com/watch?v=1VcXTRdQZ9A 	<p>Carol Rose Adkisson M.A. LMFT MFC #83484 CEO/Founder The Trauma and Healing Foundation 909-693-3177 https://traumahealingfoundation.com www.caroladkisson.com www.recoveringmylife.com</p>
<i>Crime Survivor Services</i>	<ul style="list-style-type: none"> • 27/7 Crisis Hotline • No Cost Individual Counseling to Survivors and Family Members • Community Outreach • Daily wellness • Resources and Referrals • Support Groups and Accompaniments 	<p>9007 Arrow Route Ste 150 Suite 150 Rancho Cucamonga, CA 91730 (844) 378-0586</p>

	<ul style="list-style-type: none"> • 	
<i>Family Assistance Program, Open Door Program</i>	<ul style="list-style-type: none"> • The Open Door Program empowers families, victims, and survivors who have been affected by human trafficking and/or sexual exploitation by providing the opportunity to heal & transform their lives. 	https://familyassist.org/our-causes/theopendoor/ 813 North D Street San Bernardino, CA 92401 909-333-7476 TheOpenDoor@FamilyAssist.org
<i>South Coast Community Services</i>	<ul style="list-style-type: none"> • Mental Health services and various counseling services. • Psychiatric services are available at our clinics • and by Tele-psychiatry. • For schools we provide presentations and classes such as Suicide Prevention. Presentations are designed for Kids, Parents, or Educators. • Residential Services for special needs children. • We are located throughout San Bernardino County and Orange County. 	South Coast Community Services 877-527-7227 www.sccs4kids.org

<i>Family Service Association</i>	<ul style="list-style-type: none"> The Family Service Association provides the nutrition program for Seniors. They provide weekly drive through pick up meals for Seniors 60+ every Wednesday from 10:30 am - 11:30 am at Central Park (11200 Base Line Road). Senior recipients receive pack of 5 frozen meals, fruit, bread and 1/2 gallon of milk. This program is not exclusive to Rancho Senior residents and open to surrounding cities and has a suggested donation of \$15 but is not required. FSA also offers the More Than A Meal program that delivers meals to homebound seniors. Contact number for More Than A Meal Program is 951-342-3057. 	<p>Senior Nutrition Program 909-477-2788</p> <p>More than a Meal 951-342-3057</p> <p>https://www.fsaca.org</p>

<i>HOPE THROUGH HOUSING</i>	<ul style="list-style-type: none"> At the Hope through Housing Foundation, we are dedicated to elevating the health, well-being, and self-sufficiency of children, families, and seniors living in affordable housing communities. We see the effects of poverty on our families and seniors every day. It is a blessing to be a part of their lives, offering hope and opportunities to individuals who often are not given a chance for a better life. 	9421 Haven Ave. Rancho Cucamonga, CA 91730 Ph 909-483-2444 Fx 909-483-2448 info@hthf.org https://hthf.org/about-us/
<i>Victor Valley Family Resource Center</i>	<ul style="list-style-type: none"> Victor Valley Family Resource Center is #TheSolution4Homelessness. Headquartered in Hesperia California, the non-profit 501(3)(c) serves the county of San Bernardino County. Victor Valley Resource Center (VVFRC) offers a Housing First Model to provide safe, stable, permanent housing as a primary strategy for eradicating homelessness in the county. Our success has been unprecedented with helping homeless individuals and families, return to permanent housing as soon as possible. VVFRC operates a portfolio of scattered, single-family homes, where we can offer our comprehensive programs and available services. In turn, we reduce the public cost-burden by half. 	http://vvfrc.org info@vvfrc.org (760) 669-0300 HOURS: Tuesday - Friday 9AM-5PM Voice: (760) 669-0300 Fax: (760) 669-0220 Victor Valley Family Resource Center 16000 Yucca St. Hesperia, CA 92865

<i>Olive Crest</i>	<ul style="list-style-type: none"> Olive Crest's Mental health staff provide special services such as crisis intervention, therapy, substance abuse treatment, psychiatric assessments, medication management, and Therapeutic Behavioral Services (TBS). 	Inland Communities – 951.686.8500 https://www.olivecrest.org
<i>House of Ruth</i>	<ul style="list-style-type: none"> House of Ruth has been providing life-saving domestic violence services for residents of eastern Los Angeles and western San Bernardino counties since 1977. Participation in House of Ruth programming is open to all battered women, men, and their children. All of House of Ruth's programs are free of charge. There is no discrimination on the basis of race, ethnicity, gender, age, language, disability, religion, national origin, medical condition, marital status, veteran status, or sexual orientation. 	24-hour Toll Free Hotline: 877-988-5559 (909) 623 - 4364 P.O. Box 459 Claremont, CA 91711

<p><i>Crime Survivor Services</i></p>	<ul style="list-style-type: none"> • The mission of Crime Survivors is to provide hope and healing to victims and survivors of crime through advocacy and the support of resources, information, and empowerment from the critical time after a crime occurs through the challenges and successes of surviving and thriving. • Crime Survivors is committed to serving our community by being an advocate and resource for crime victims and their families. If you don't know where to turn, or are confused or frustrated with the public services that are available to you as you recover or seek justice, Crime Survivors can help. Our web site will provide information, resources and tools that will help you become a "Survivor". 	<p>Crime Survivors Resource Center PO Box 54552 Irvine, CA 92619-4552 https://crimesurvivors.org <i>Phone: 844-853-HOPE</i> <i>949-872-7895</i> <i>Fax: 775-245-4798</i> <i>Email:</i> info@crimesurvivors.org</p>
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<i>Project Sister</i>	<ul style="list-style-type: none"> PSFS' services include a 24-hour hotline; advocacy and accompaniment to local hospitals, law enforcement interviews and legal proceedings; individual and group counseling; school-based prevention education programs for middle, high school and college students that focus on sexual assault; child abuse prevention training for parents, teachers and other social service providers; community education; self-defense classes; an early intervention anti-violence program for pregnant and parenting teens and adults of infant and toddler children; and special programs for high risk youth. Your contribution to Project Sister Family Services supports these endeavors. 	<p> https://projectsister.org Phone : (909) 623-1619 Phone : (626) 915-2535 Email : info@projectsister.org Mail : P.O. Box 1369, Pomona, CA 91769 </p>
<i>Connect Inland Empire 211 United Way</i>	<p> What is Connect IE? Free website that makes it easy to find community resources Such as food pantries, utility assistance, job training etc. How Connect IE works? Go to www.Connectie.org What are the benefits of using Connect IE? Search human and Social Services, share with clients friends and family via text or email. Gather site analytics, keep track of people you are helping, create a team and work together to share resource </p>	<p> Starlette Turner & Norma Flores Connectie.org 211.sb.org 1-888-435-7565 www.Connectie.org </p>

<i>Pomona Valley Learning Disabilities Association</i>	<ul style="list-style-type: none"> • A volunteer, non-profit group of parents and professionals who themselves have, or live or work with children and adults with learning and life skills challenges. Our mission includes disseminating information and education regarding advocacy, research and services, to support and enhance the quality of life for individuals with disabilities and their families. • Meets for SPEAKERS, PROGRAMS, CARE-AND SHARE the third THURSDAY of each month 6:30- 9:00 pm At R.C. Central Park, 11200 Base Line Rd. Rancho Cucamonga, CA 91730 	Arline Krieger (909)621-1494; Martha, (909)476-3640(Spanish) ABKrieger@aol.com
<i>Hero Support Group</i>	<ul style="list-style-type: none"> • A military nonprofit for active duty service members, veterans, first responders and their families. 	Kristen Ramirez Herosupportforce.org 909-633-6015
<i>Mourning Sun Children</i>	<ul style="list-style-type: none"> • Mission Statement: “To fund and provide programs that offer empathy and promote empowerment, hope and healing for grieving children, teens and their families.” • An organization committed to meeting “the educational needs of young children abruptly left behind by the untimely death of someone close to them.” 	Jennifer Hernandez Executive Director - Mourning Sun Children's Foundation

	<ul style="list-style-type: none"> • Awards up to \$20,000 annually to a student who has experienced loss or hardship, yet is driven by their goal to better their lives and reach their educational dreams. • Provides a safe and fun place for kids at the Sunrise Center to work through and find understanding of the grief and emotions they're struggling with. • Provides memorial grant to local high schools for certified technical education programs. 	<p>21812 US Hwy 18, Apple Valley CA 92307 - <i>Sunrise Center</i></p> <p>760-221-6181; jennifer@mourningsunchildren.com https://www.mourningsunchildren.org/</p>
<i>IEHP Behavioral Health</i>	<ul style="list-style-type: none"> • Committed to improving behavior health services for members by developing direct relationships with select clinicians 	<p>IEHP</p> <p>10801 6th St Ste 120, Rancho Cucamonga, CA 91730</p> <p>Direct: 888.860.1298</p>
<i>A Widow's Fight</i>	<p>A Widow's Fight, is a Christian based organization impacting the lives of those who are experiencing grief, with a specific focus on those who are widowed and youth who have experienced the death of one or more parents. We provide tools and events that promote self-sufficiency, wellness and health,</p>	<p>Jessica Poche'</p> <p>Email: selfless.service@awidowsfight.org</p>

	emotional and spiritual support, resources and education to rebuild those lives impacted by the loss of a loved one	
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The City of Rancho Cucamonga and the
National Alliance of Mental Illness (NAMI) invite you to

Community Check-ins

6-7:30 p.m. starting June 1st,
and every first Monday of the month



Pour yourself some tea, put on your fuzzy slippers,
and get comfortable at home.



Feel connected to your community through monthly
virtual check-in conversations. This is an opportunity for
community members to share their own experiences and
feel welcomed in a judgement-free environment where
you can feel supported.

- Benefit from community wisdom
- Be prepared to learn from each other
- Hear from experts on a wellness topic you want to learn more about
- Find tools, resources, and strategies to practice self-care and wellness

**We will be
using
Zoom
Meetings
to connect
virtually**

*This is an informative event that does not constitute a therapist-client relationship. This is not a substitute for professional diagnosis or treatment from a mental health professional.



RSVP through Eventbrite at:
<https://bit.ly/RC-Checkin>

TAKE THE FIRST STEP TOWARDS COPING WITH GRIEF AND LOSS.

The City of Rancho Cucamonga presents

Continuing the Conversations: Perspectives on Grief and Loss

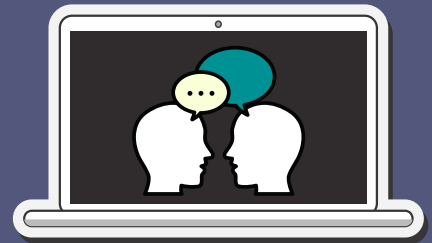
6:00 p.m. - 7:30 p.m.

Starting Wednesdays:

June 3rd, 10th, 17th, 24th

RSVP through

Eventbrite at: bit.ly/Rancho-Grief



You and your loved one are invited to free community conversations on identifying and coping with grief and loss. Listen to powerful community testimonials that showcase resilience by seeking support. Take part in small group discussions on starting the conversation of finding mental health services to support your experiences with grief and loss.

Week 1: Perspectives on Grief and Loss Discussion

Week 2: 5 Stages of Grief

Week 3: Stuck Points, Unhelpful Thinking, and Self Compassion

Week 4: Moving Forward, Where Do I go From Here?





Workforce Development Board

JUNE 2020 HR WEBINARS

San Bernardino County Workforce Development Board has partnered with California Employers Association to provide employers in San Bernardino County with access to these workshops.

The Three R's to Getting Back to Work During COVID-19 (Reconstruct, Reinstate, Reconnect)

June 4, 2020

Webinar (10am-12pm)

<https://backtowork.eventbrite.com>

Wage and Hour Laws

June 10, 2020

Webinar (10am-12pm)

<https://wageandhour2.eventbrite.com>

Communicating in the Digital Age

June 17, 2020

Webinar (10am-12pm)

<https://hrdigitalcom.eventbrite.com>

I9 and E-Verify

June 24, 2020

Webinar (10am-12pm)

<https://i9everify.eventbrite.com>

For questions or more information please
contact us events@wdd.sbcounty.gov

FREE Human Resource Hotline 1-877-282-3763



Robert A. Lovingood, First District Supervisor | Janice Rutherford, Second District Supervisor | Dawn Rowe, Third District Supervisor

Curt Hagman, Chair, Fourth District Supervisor | Josie Gonzales, Fifth District Supervisor

Gary McBride, Chief Executive Officer | Sandy Harmsen, Interim- Executive Director, Workforce Development Board



Workforce Development Board

America's **JobCenter**
of CaliforniaSM

Were you laid off as a result of
the **COVID Pandemic?**

**WERE YOU INVOLVED IN A LAYOFF,
DOWNSIZING, PLANT CLOSURE OR
RETAIL STORE CLOSURE?**



**WE'VE GOT YOU
COVERED! JOIN US FOR A
RAPID RESPONSE PRESENTATION!**

Information About....

- Unemployment insurance benefits
- America's Job Centers Of California
- COBRA – Continuing medical coverage
- 401k investment information
- Affordable Care Act
- Child Support
- Re-employment opportunities
- Training grants for a new career

Answers To...

- Connection to the local labor market
- Individualized job search assistance
- Job searching skills
- How to create a résumé
- Veterans priority assistance (spouses)
- Skills certifications and on-the-job training
- Financial assistance for training

EVERY THURSDAY AT 2:00 PM PST.

REGISTER TODAY...

CLICK HERE

This WIOA Title-I financially assisted program, is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities, California Relay Service 711.

BOARD OF SUPERVISORS

Robert A. Lovingood
First District Supervisor

Janice Rutherford
Second District Supervisor

Dawn Rowe
Third District Supervisor

Curt Hagman
Chairman, Fourth District Supervisor

Josie Gonzales
Vice Chair, Fifth District Supervisor

Gary McBride
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Sandy Harmsen
Interim Director
Workforce Development Board

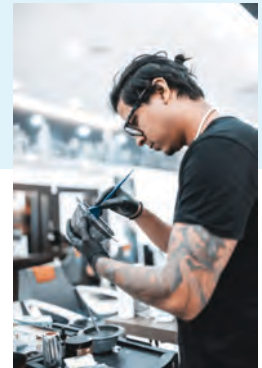


Workforce Development Board

America's **JobCenter**
of CaliforniaSM

WERE YOU LAID OFF, HAVE EXPERIENCED A
REDUCTION IN HOURS OR UNABLE TO
WORK AS A RESULT OF THE COVID-19
PANDEMIC?

WE'VE GOT YOU
COVERED!



WE MAY BE ABLE TO ASSIST YOU WITH THE FOLLOWING SUPPORTIVE SERVICES!

The supportive services may include, but are not limited to:

Equipment Necessary to Telework
Housing Assistance
Utility Assistance
Childcare
Transportation

**TO FIND OUT IF YOU ARE ELIGIBLE AND TO LEARN MORE PLEASE
CONTACT YOUR LOCAL AMERICA'S JOB CENTER!**

WEST VALLEY AJCC

9650 9th Street, Suite A
Rancho Cucamonga, CA 91730
909.941.6500

EAST VALLEY AJCC

658 E. Brier Drive, Suite 100
San Bernardino, CA 92408
909.382.0440

HIGH DESERT AJCC

17310 Bear Valley Road, Suite 109
Victorville, CA 92395
760.552.6550



www.caljobs.ca.gov



1.800.451.JOBS (5627)

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Gary McBride
Chief Executive Officer

Sandy Harmsen
Interim-Director
Workforce Development Board

INVITES YOU TO JOIN OUR FREE VIRTUAL RESUME WORKSHOP

WHEN: Wednesdays

TIME: 10 am to 12 pm

LOCATION: ZOOM platform.

*If you need assistance, please contact your
nearest AJCC*

EAST VALLEY AJCC

909.382.0440

HIGH DESERT AJCC

760.552.6550

WEST VALLEY AJCC

909.941.6500

To register for the event, please visit
<https://www.caljobs.ca.gov> and follow the
instructions on page 2



Workshop is primarily designed to get
you back into the workforce

We'll focus on

~Resume boosting and building

~What recruiters want from job seekers

~Resume networking

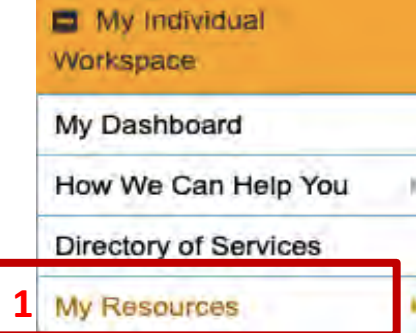
~Discover different resume formats



This WIOA Title-I financially assisted program, is
an equal opportunity employer/program. Auxiliary aids and services are
available upon request to individuals with disabilities, California Relay
Service 711.

Go to www.caljobs.ca.gov and login to your CalJOBS account then follow the instructions below

1) In the left column, click **MY RESOURCES**



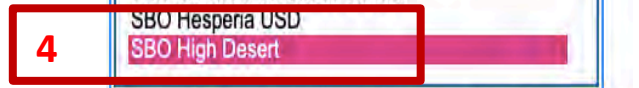
2) Then click **Upcoming Events**



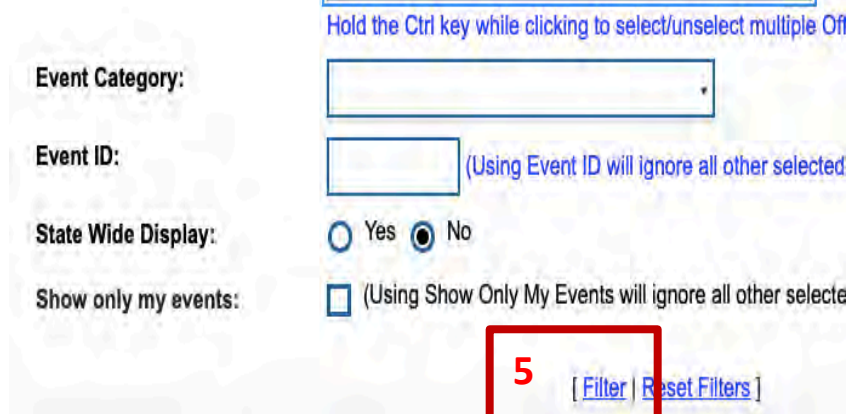
3) Under **Event Region** select from the drop-down menu **San Bernardino County, Jobs and Employment Services**



4) Under **Event Office** select **SBO High Desert**



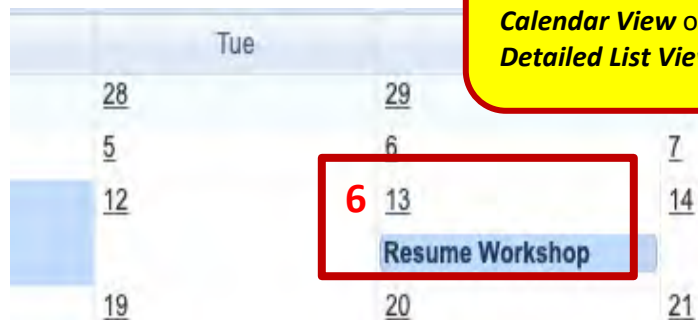
5) Then click **Filter**



6) On the displayed calendar or list, Click the workshop you desire to register for



NOTE
This drop-down menu is used to select **Calendar View** or **Detailed List View**



7) At the bottom of the Event page, click the **Register** button



The day prior to the event, you will be emailed the link to register for ZOOM



Workforce Development Board

PROVIDING THE WORKFORCE ASSISTANCE YOU NEED FROM OUR BUSINESS RESOURCE TEAM



The San Bernardino County Workforce Development Board (SBWDB) is a public-private board appointed by the County Board of Supervisors that utilizes federal funds to create workforce development programs for residents and businesses in San Bernardino County.

- On-the-Job Training Funds
- Business Consulting
- Process Improvement Consulting
- Staff Recruitment
- Facilities Available for Recruitment
- Layoff Prevention Services
- Business Workshops
- Labor Market Information
- Advertise Job Opportunities at www.caljobs.ca.gov
- Human Resources Hotline **1-877-282-3763**



Our Job is to Power Up Your Future...

Call us today at (800) 451-JOBS (5627)

This WIOA Title-I financially assisted program, is an equal opportunity employer/program.
Auxiliary aids and services are available upon request to individuals with disabilities, California Relay Service 711.

www.sbcounty.gov/workforce

ROBERT A. LOVINGOOD, First District Supervisor | CURT HAGMAN, Chairman, Fourth District Supervisor
JANICE RUTHERFORD, Second District Supervisor | DAWN ROWE, Third District Supervisor | JOSIE GONZALES, Vice Chair Fifth District Supervisor
GARY McBRIDE, Chief Executive Officer | REG JAVIER, Deputy Executive Officer, Workforce Development Board

ADAPTING TO UNCERTAINTY

RECOMMENDATIONS FOR STAYING
HEALTHY DURING TIMES OF STRESS



MANAGING THE CHAOS

During times of peak stress and uncertainty, it is common for us to feel disorganized and out of control. One of the most basic needs that we have is to feel some sort of control over what is around us. It's the reason why we clean when we should be focused on a school or work project, it's the reason why we hear negative news media and think "that wouldn't happen to me because...", it's also one of the reasons why the vast majority of us feel confused and helpless during times like this; we are struggling to find our control. Listed on this handout are some of the things that **YOU CAN CONTROL**. Items that you can choose to focus on to help restore a sense of calm during what can seem like chaos. We know that the recommendations listed here are not going to take away the stress of what is happening around you, but it can help.

If you find yourself still searching for your control, or if you are experiencing overwhelming feelings of sadness, grief, depression, helplessness, or just need to talk, we encourage you to pick up the phone and connect with us.

WHAT CAN I DO TO FEEL SOME CONTROL?

Focus on what you can actually control. We have become so pre-occupied with our fears, our anxieties, and our stressors that we lose sight of what we can *actually* control.

- Mindset: choose to control how you frame things. Are you choosing to say to yourself "I'm stuck at home" or are you choosing to say to yourself "I'm safe at home"? Both of these thoughts tap into the same thing, but from completely different points of reference. One of them might bring up anger and frustration while the other might bring up feelings of gratitude.

- Set Healthy Work Boundaries: with so many people working from home, it can be difficult to set boundaries. Set a time limit and when that limit is reached choose to disconnect from work and plug-in to your family.

- Routine: create a new routine that works for you, one that fits into your lifestyle and the things you want to accomplish on a daily basis. This routine should not be the same one you had before, it should be based on your needs today. When we have a routine in place, our brain feels some control because our day becomes more predictable.

- Self-Care: now is the perfect time to teach yourself how to care for yourself. We are often so worried about others that we forget to care for ourselves. Find what helps you de-stress and DO IT!

- Connect: if you are feeling isolated and alone, reach out. Technology, more now than ever before, has given us the ability to connect with people clear across the globe. Pick up the phone, or the computer, or your tablet, and connect to those you love, those you miss, and those that make you laugh.

- Laugh: the more time we spend enjoying the good things in life, the better those good things get. Unfortunately, the opposite is also true. The more time we spend focused on the negative and our fears, the more negative and fearful we become. So take the power back and laugh!

- Surround Yourself With Helpful Resources: find resources that help provide you with useful, unbiased, supportive information. A few of our favorites are listed below:

- 1.Center for Disease Control and Prevention - www.cdc.gov
- 2.The Counseling Team International training videos - <https://thecounselingteam.com/blog/>
3. Cordico - First Responder Wellness Mobile App - Cordico.com
4. Engaged Mindfulness Institute - engagedmindfulness.org
5. Medline Plus - Post-Traumatic Stress Disorder- medlineplus.gov/posttraumaticstressdisorder.html

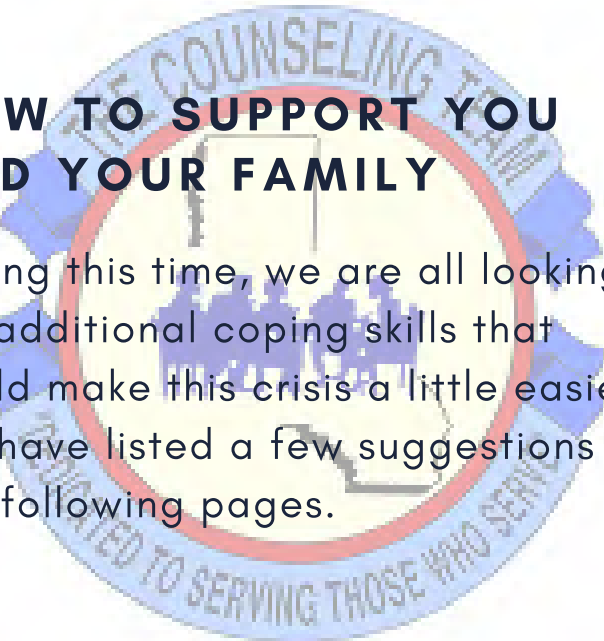
BEHAVIORAL HEALTH TIPS: COVID-19

THE COUNSELING TEAM INTERNATIONAL



HOW TO SUPPORT YOU AND YOUR FAMILY

During this time, we are all looking for additional coping skills that could make this crisis a little easier. We have listed a few suggestions on the following pages.



HOW TO CONTACT US:

THE COUNSELING TEAM INTERNATIONAL

1881 Business Center Drive, Suite 11
San Bernardino, CA 92408

(909) 884-0133

(800) 222-9691

www.thecounselingteam.com

SOME PRACTICAL TIPS:

- Be good consumers of information:

not everything reported in the news is accurate. There is so much information bombarding us so we should consider where the information is coming from and if they are actually a valid resource for information. Keep in mind that the information is constantly changing as this is a very fluid situation.

- Don't watch or read too much news:

remain informed, but once we become obsessive about the consumption of information we lose the ability to be rational. Remember, if you have children they hear everything and sending them messages that you are afraid or scared may cause them to experience the same reactions. However, adults have an easier time communicating and processing these feelings where children often times do not have the ability to do so.

- Find stress reducing activities for the family:

games, fun TV shows, movies, and family exercise activities can all be great bonding experiences.

- Practice healthy self-care techniques:

activities like deep breathing, muscle relaxation, meditation, yoga, mindfulness, and prayer can provide us with a sense of relief and relaxation during times of stress.

- Keep yourself healthy:

try to keep good nutrition in mind and monitor the amount of alcohol consumed. Alcohol consumption and poor eating choices can increase with boredom.

- Don't make any impulsive decisions during times of peak stress:

major decisions should be put off until a time when there's not as much stress being experienced.

- Remember that we can only control what we can control:

practicing prevention techniques can help reduce anxiety. This may include: "social distancing", frequently washing your hands, using antibacterial products, getting as much sleep as possible, and sterilizing surfaces as much as you can.

- Become familiar with symptoms of COVID-19:

if you have concerns about your health, contact your medical doctor and get an evaluation.

- If you experience feelings of sadness, depression, anxiety, or anger know that you are not alone:

please reach out to us for support and one of our clinicians can assist you during this time. We are currently offering sessions via both telehealth and face-to-face and our crisis line is available 24/7/365.

A SIMPLE MESSAGE

Try to do the best you can with what is going on at the present time. Perhaps this would be a good time for you to slow down and look at this challenge as a time to reconnect with your family and friends through phone calls or video conversations. We can utilize this time to strengthen our connections rather than our fear. This is also a great opportunity for you to reconnect with yourself and find things that you enjoy doing for self-care.

GO OUTSIDE, TAKE A BREAK. THIS WILL HELP MITIGATE ANY FEELINGS OF CABIN FEVER.

HELPING KIDS COPE: COVID-19

How to help children during times of stress and uncertainty



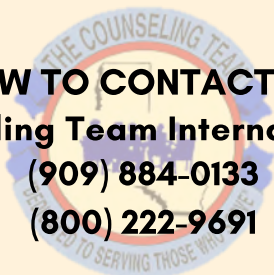
Managing the Fears of our Children

During this time, children across the country are beginning to worry about their own health and safety as well as that of their friends and family. It is more important now than ever to be mindful of how our children are consuming and managing this unfolding information. With the spread of this virus, the daily lives of all of our children have been impacted in some way. - whether that be parents who are home, cancelled school trips, closed schools, postponed vacations, or the removal of sports programs. How we manage our own reactions can have a large impact on how our children respond.

If you are struggling with either your own response or need help managing the conversations and fears of your children, please know that you are not in this alone. We are only a phone call away and can be reached 24/7/365 on our crisis line.

We are also available for telehealth, telephone, and face-to-face sessions.

HOW TO CONTACT US:
The Counseling Team International (TCTI)
(909) 884-0133
(800) 222-9691



Things to Do:

- **Remain calm and encouraging:**

children react to not only *what* we say, but also *how* we say it. Our children are constantly learning from our emotional reactions in both conversations with them and the conversations we have with others. Speak to them in a calm and straightforward way.

- **Be available:**

make yourself available for them if they feel the need to talk and process what is happening.

- **Provide appropriate information:**

when speaking with children about their fears and concerns, be sure to provide them with age appropriate, accurate information. Every child is different and will be able manage different levels of information. Be mindful of what information is appropriate for your child and know that it is ok to let them know that some questions can't be answered at this time since the information, knowledge and awareness is constantly changing.

- **Address the misinformation they may have:**

some children may be under the false pretense that everyone who gets sick is going to die. Help them understand that the majority of people who get sick will make a full recovery. Also encourage them to understand that not all of the information they hear from friends, family, or the media is accurate.

- **Don't offer false promises:**

be careful not to offer any false promises to children such as "nothing will happen to us". This is not something we can guarantee. Instead, support them by helping them understand that no matter what happens, you will do your best to get through it together.

- **Help children focus on what they can control:**

encourage your children to be aware of the things they can do to help protect themselves and the people around them. This may include washing their hands, staying away from people who are coughing or sneezing, and coughing or sneezing into their elbow.

- **Remind them that they are not in this alone:**

one of the most isolating and fear invoking feelings is the feeling of lonlieness.. Encourage your children to always remember that you are in this together and they can always come talk to you about their fears and questions, but they can also speak to another adult, or clinician as well.



"If you look scared or tense or your voice is conveying that you're really scared,
the child is going to absorb that and feel anxious as well."

-Eli R. Lebowitz, Ph.D.

THE COUNSELING TEAM INTERNATIONAL

RESOURCE LIST

GUIDE TO AVAILABLE RESOURCES DURING THE COVID-19 PANDEMIC



HAPPINESS
IS THE
HIGHEST
FORM OF
WEALTH
- Dalai Lama

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RESOURCE LIST

GUIDE TO AVAILABLE RESOURCES DURING THE COVID-19 PANDEMIC

ENTERTAINMENT RESOURCES -

- Amazon Prime - Free kid's movies and TV shows
- Audible - Free streaming stories for children
- Kabillion - Free shows and activities for children (i.e. coloring pages and word puzzles)
- NBA - Offering complimentary access to both full-length and condensed replays of all games from the 2019-2020 season
- NFL - Game Pass service is free until May 31, 2020 where you can replay NFL games from 2009 to 2019 as well as watch NFL original shows
- NHL - Live Pass is free until April 20, 2020. Stream more than 1,000 games as well as the 2020 Stanley Cup Playoffs
- Sirius XM Radio - Free for 3 months, no credit card required for signup
- Starz - Reduced price of \$4.99 for 3 months
- The Met - Streaming New York Broadway shows

TECHNOLOGY RESOURCES -

- Adobe - Free access to Creative Cloud tools through May for home use by students attending schools that only provide lab access
- Any Meet - Free video conference/meeting until 2021
- Free Conference Call - Offers free calling anywhere

TECHNOLOGY RESOURCES (CONTINUED) -

- Google - G Suite for Education customers can use the Hangout Meet Premium function for free through July 1, 2020. Host virtual meetings with up to 250 people and do live streams with up to 100,00 viewers. Recording features are also available
- Microsoft Teams - Offered for free and allows you to chat, meet or do a conference call with your team.
- Skype - Free conference calling, recording, and screen sharing options
- Zoom - The Basic Package is free and allows up to 100 participants, unlimited number of meetings, unlimited 1 to 1 minutes, and 40 minute time limit on group meetings.

BEHAVIORAL HEALTH AND WELLNESS RESOURCES -

- Calm - Free meditations, also has kid versions
- First Responder Zoom Group: Tailboard Talks - Virtual group that meets on Zoom every Tuesday and Thursday evening at 4pm Pacific Time. Contact Rick Baker at www.ResponderSupport.com
- Headspace - Free mediation app
- Mindfulness - Free mindful and meditation resources
- Responder Support Services - Free informational videos that relate to managing the stress of a prolonged exposure event. Can be found on YouTube under Responder Support Services
- Smiling Mind - Free comprehensive mindfulness and meditation app
- The Counseling Team Resource Videos and Articles - Free informational videos and article that cover a wide range of behavioral health and wellness tips. Can be found on www.thecounselingteam.com under Resources - COVID-19
- UCLA Health - Free meditations in both English and Spanish

PHYSICAL HEALTH RESOURCES -

- Centr Fitness App - Six weeks of the app for free if you join online
- Core Power Yoga - Free online classes
- Cosmic Kids Yoga - Free yoga lessons for kids on YouTube
- Daily Burn - Free 60-day trial for yoga, barre, and pilates
- Do Yoga With Me - Free 2 month membership
- Down Dog App - Fitness and yoga apps that offer yoga practices or at-home workouts: Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout. Free until May 1, 2020
- Fitness Blender - Hundred of free workouts videos
- Go Noodle - Free movement videos for kids and families
- Gold's Gym - Free app access through May. The app includes over 600 audio and visual workouts. Must access by April 30th using code GOLD"SAMP
- Les Mills - Free video Workouts
- Nike Run Club - Free app that offers workouts from top running coaches for all levels. Also tracks your distance and pace
- Orange Theory - Free 30-minute workouts each day on their website
- P.E. with Joe - Free 30 minute daily PE workouts from home can be found on YouTube
- Peloton - Offering free 90-day trial of their app
- Planet Fitness - Free workouts on their Facebook page
- Runtastic - 90 day free trial of the app. Tracks mileage and syncs with Apple Music
- Stretch and Grow of the Rockies - Kids health and wellness enrichment company that teaches age-appropriate fitness and yoga
- YMCA - Free fitness videos - bootcamp, yoga, barre, kids, adults, etc.

INDIVIDUAL EDUCATIONAL RESOURCES -

- Across the Eight Ivy League Schools - More than 450 active courses from computer science to art and design and everything in-between
- Babbel - Free access to students for 3-months to learn a new language
- BBC Discovery - Podcast that discusses science facts and fun
- Brain Science - Podcast that discusses neuroscience and the brain
- Duolingo - Free language education
- Harry Potter and the Sacred Texts - Podcast that takes a chapter of a Harry Potter book and looks at it through the lens of a universal theme such as love, hope, destiny, etc.
- How Stuff Works - Free educational videos exploring the world around us
- Jstor - Free books and educational journals
- Kahoot! - Free access to the premium version of the game-based learning software
- Nepris - Online talks with industry professionals on a wide variety of subjects
- Online Free Spanish - Spanish learning games, coloring pages, and interactive activities
- Panda Tree - Foreign language learning platform for learners 2 to 17
- PBS - Free educational resources, videos, shows, and craft ideas
- Science Friday - Podcast that is all about science and the latest discoveries
- Star Talk Radio - Podcast that covers information on outer space, sports, and sports science
- Star Atlas - Allows you to explore constellations and the stars
- Typing - Free keyboard, digital literacy, and coding lessons

INDIVIDUAL EDUCATIONAL RESOURCES (CONTINUED) -

- The Flyest Fables - Storytelling podcast that centers on a magical book that takes its readers to a world where they find strength to overcome any obstacle
- The Stuff You Missed in History Class - Podcast about little known history events, weird events, overlooked stories, etc.
- Wow in the World - Podcast that guides kids and adults on a journey into the world around them

VIRTUAL FIELD TRIPS -

- Discover the Pyramids - Explore the Egyptian pyramids. Can be found at www.discoveringegypt.com
- Explore National Parks - Virtual exploration of national parks. Can be found at www.artsandculture.withgoogle.com
- Explore the Great Wall of China - Exploration of the Great Wall of China can be found online at www.thechinaguide.com
- Mars - Explore Mars. Can be found at www.accessmars.withgoogle.com
- Monterey Bay Aquarium - Live video footage of the aquarium. Can be found at www.montereybayaquarium.org
- Orbit - A journey around the world in real time found on YouTube
- San Diego Zoo - Live video footage of the zoo. Can be found at www.zoo.sandiegozoo.org
- The Nature Conservancy - Offers 11 virtual field trips from the coastal rainforest to the coral reef. Can be found at www.nature.org
- Travel and Leisure - Virtual tours of 12 famous museums and can be found on www.travelandleisure.com

KIDS AND TEENS ARTS, CRAFTS, ACTIVITIES, AND LEARNING -

- ABCya - Reading and math games for grades PreK to 6
- All Crafts - Free craft project ideas and recipes for kids
- Arizona State University - Free educational resources
- BBC Bitesize - Free lessons covering math, english, science and more
- Boolean Girl - Live, online events to teach students to code, build, invent, and animate
- But Why - Podcast led by kids who ask questions and find answers
- Carnegie Mellon University Computer Science Academy - Free interactive computer science curriculum
- Children's Museum of Houston - Free weather and science videos for grades PreK to 5
- Code Academy - Free data science and coding lessons
- Crayola - Offering free art workshops
- Delish - Free online cooking classes for kids
- DLTK's Craft for Kids - A variety of printable children's crafts
- Disney Nature - movies and educational material
- Education.com - Offering free printable art worksheets
- Education Modified - Resources to help families of special population students
- Educational Insights - Free at-home worksheets for young learners
- Encyclopedia Britannica - Free access to LaunchPacks for school and students
- Exploratorium - Learning toolbox for science topics
- It's Always Autumn - Lists 50 wonderful indoor activities

KIDS AND TEENS ARTS, CRAFTS, ACTIVITIES, AND LEARNING -

- Just Color - Offers adult coloring pages
- Legends of Learning - Free math and science games
- Mommy Poppins - Over 50 fun indoor activities
- Morning Chores - Over 30 activities you can do with your kids
- Out School - Online classrooms that deliver remote learning courses to K-12 students
- PBS - Free resources for kids
- Peace Out - Podcast that helps kids calm down at the end of the day
- Quill - Free tools to help improve your student's writing
- Quizlet - Free flash cards, quizzes, and games
- RoboKind - Virtual coding course for robots available to elementary and middle school students through June 30, 2020
- Scratch - Interactive story, game, and animation
- Sesame Street - Podcast that includes all the loveable characters we know and teaches lessons
- ST Math - Visual math program for learners K-6
- The Kids Should See This - Kid friendly videos for learning
- What If World - Podcast that takes a "what if" question from a child and spins it into a wonderful story
- YayMaker - Virtual canvas painting

*Special thanks to the National Sheriff's Association,
Psychological Services Board for assisting in the creation of this resource list.

TIPS TO HELP **teens** COPE DURING **COVID-19**

Maintain a daily **routine** with consistent sleep, activity and study patterns.

Stay **connected** with others and try to find moments of humor.

Talk to people you feel **comfortable** with about your feelings or worries, then give yourself permission to stop worrying.

Limit the amount of time you spend talking about or watching news media or social media.

Be **kind** to yourself and each other. We'll work through this together.



5 Tips TO HELP TEENS COPE WITH STRESS

GET SOME SLEEP



Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.



FOCUS ON YOUR STRENGTHS



Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.



DO THINGS THAT MAKE YOU HAPPY



Find activities or hobbies that make you happy and incorporate them into your daily life.



ENGAGE IN PHYSICAL ACTIVITY



Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.



TALK TO SOMEONE



It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find **ways to manage your stress**.



MENTAL
HEALTH
FIRST AID

[MHFA.org/teens](https://mhfa.org/teens)

Managing Anxiety

Coping with Anxiety During the COVID Quarantine

Anxiety

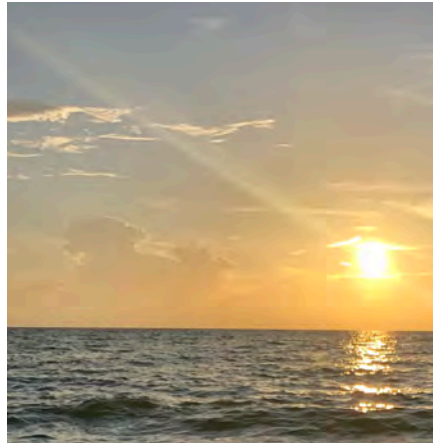
Anxiety is a normal reaction to high stress. It can be beneficial because it is our body's protective response to threat or danger.

Anxiety is helpful when there is a real threat. The fight or flight response allows us to respond to danger more effectively. However, anxiety can become a problem when it is intense, frequent, unrealistic, or limits enjoyment and participation in daily life.

Experiencing anxiety is like having a “false alarm” going off all the time. It causes very real physical (physiological) responses even if there is no present danger or the threat of real danger is unlikely.

It affects our bodies, our emotions, and our thoughts. A racing heart, shallow breathing, tightness in chest or throat, sweat, & headaches are all common physical symptoms. Anxious thinking often focuses on the worst-case scenario, the “*what if*” (possible, but a very low probability of happening) and an over-estimation of a negative outcome.

Anxiety CAN be reduced when emotions are acknowledged and both the body and the mind are calmed. This is possible by learning and using relaxation techniques to reduce physical symptoms and changing unhelpful and unproductive thinking. The goal is not to get rid of all anxiety, but to learn and practice strategies to cope better.



Anxiety can be successfully reduced.

Managing anxiety means calming the body and the mind.

Relaxing the body will relax the mind and vice versa.

Breathing, PMR, guided imagery and mindfulness can relax the body.

Using relaxation strategies in a moment of anxiety is hard without frequent practice of these skills when calm.

Identifying negative, anxious and unhelpful thinking patterns is also important.

Address anxiety with compassion. Challenge it and actively dismiss it.

1

RECOGNIZE

Recognize anxiety for what it is. Name it. Recognize early signs and symptoms.

2

RELAX BODY

Use a relaxation strategy: belly breathing, PMR, guided imagery, mindfulness.

3

CALM THOUGHTS

Notice thoughts. Label. Choose more helpful, balanced, and realistic “2nd” thoughts.

What anxiety might look like for children and teens

- Frequent reassurance-seeking.
- Afraid to separate from parents (clingy for young children) fear of being alone.
- Complaints about physical symptoms (headaches, stomachaches).
- Anger or Oppositional behavior. Increased moodiness or irritability.
- More tantrums or meltdowns (particularly toddlers and preschool age children)
- Changes in appetite or eating behavior.
- Trouble falling asleep or regression in sleep.
- Forgetfulness, distractibility, difficulty learning and focusing.

General Recommendations for Managing Anxiety

Get adequate sleep

Re-set with exercise and physical activity every day

Limit watching news and time on social media

Try to eat healthy (limit sugar, processed foods and caffeine)

Maintain a schedule that is balanced with productive time and relaxation time

Add purposeful pleasant or enjoyable activities to your day

Practice Relaxation Strategies Daily (Deep breathing, Progressive Muscle Relaxation (PMR), guided imagery, mindfulness are research supported techniques).

Watch your thoughts. Notice, use, or challenge worry. The more your mind focuses on worst-case scenarios, the more anxious you will feel. When we think about something scary our brain tells our body to prepare to respond to the threat by sending fight or flight signals. Choose more helpful 2nd thoughts. Don't answer *What if* questions, ask *What else* instead. Designate worry time. Label anxiety. Question certainty of thoughts. Use coping statements.

Recommendations by age

Young children: Maintain routines, provide calm activities before bedtime, provide reassurance, have patience. Provide comfort, rest and opportunities for active and expressive play. Limit media and news coverage and talk around children. Limit scary shows or movies.

School age children: Try to have more patience with whining, irritability, anger. Encourage expression of feelings in play and in conversations. Encourage regular exercise. Provide support and reassurances about health and safety, allow connection to friends via phone or internet, play educational games, and play games or do fun activities as a family.

Teens: Encourage healthy routines, self-care, and regular exercise. Talk about worries and concerns. Encourage questions, but don't force conversations. Validate feelings, particularly if self-conscious about an emotional response. Provide support and reassurances about health and safety. Encourage a balanced perspective. Review probabilities. Allow connection to friends via phone and video. Limit media exposure. Discuss helpful action steps.

Websites

NCTSN: https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Anxiety Canada: <https://www.anxietycanada.com/articles/challenge-negative-thinking/>

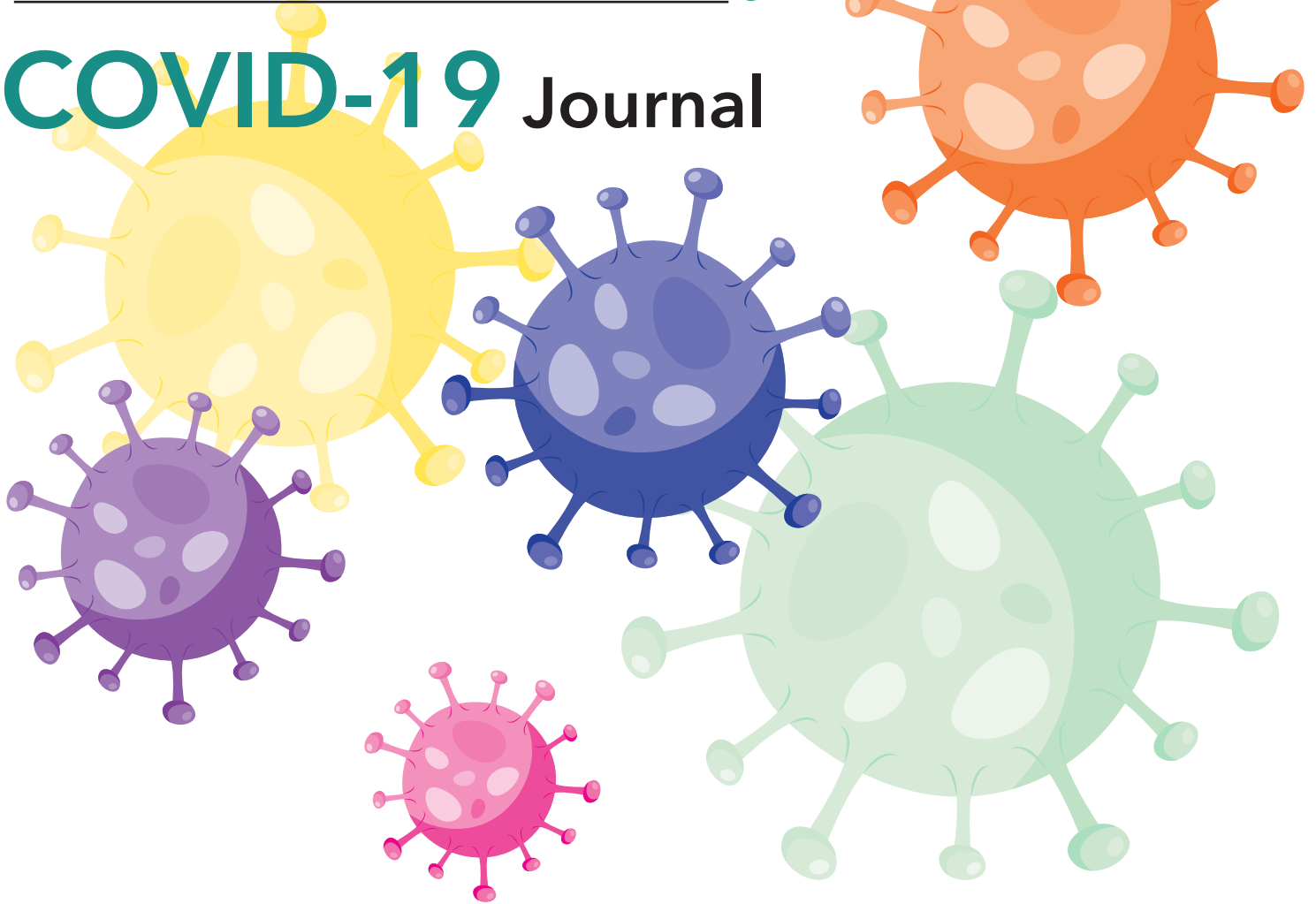
Child Mind Institute: <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

Go Zen: <https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>

ADAA: <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies>

_____ 's

COVID-19 Journal



Beating the
CORONAVIRUS
20 SECONDS
at a time!



What do I need to know about the Coronavirus?

1. Coronavirus, also called COVID-19 is a virus that effects the lungs. (Lungs help you breathe)
2. COVID-19 is spread from one person who has the virus to another person. (Just like the flu)
3. People with COVID-19 may have a fever (high body temperature), cough, difficulty breathing, runny nose and chest pain.
4. You can protect yourself by: washing your hands, keeping hands out of nose, eyes and mouth, staying at home when sick, AND by coughing or sneezing in elbow.
5. Based on what we know, children are less likely to get sick than adults. While some children have gotten sick, most COVID-19 cases are adults.
6. Children with COVID-19 usually have milder symptoms. (This means the sickness usually isn't as bad for kids!)
7. You do not need a mask.
8. Staying at home keeps you safe!
9. Don't be worried, be safe!

The **BEST PROTECTION** against COVID-19 is **HANDWASHING.**

Wash your hands with soap and warm water for at least 20 seconds - **ESPECIALLY...**

- **AFTER BATHROOM**
- **BEFORE EATING**
- **AFTER ANY COUGHING OR SNEEZING**


Sing **Old Town Road** while washing!

Can't nobody tell me nothing,
you can't tell me nothing.

Can't nobody tell me nothing,
can't tell me nothing.



I'm gonna take my horse to the old town road,
I'm gonna ride til' I can't no more.
I'm gonna take my horse to the old town road,
I'm gonna ride til' I can't no more.



Today I'm feeling _____
because of _____.
_____ will help me feel better.



Grounding

Stop and assess your surroundings...

3 Things You Can SEE



1 _____

2 _____

3 _____

2 Things You Can TOUCH



1 _____

2 _____

1 Thing You Can SMELL



1 _____

1 Sound You Can HEAR



1 _____

My Worries Chart

List 5 things that cause you to worry or you wish you could change. Then write an X if it something you can or can't control.

Things I wish I could change...



I Can Control



I Can't Control



I Can Control



I Can't Control



I Can Control



I Can't Control



I Can Control



I Can't Control



I Can Control



I Can't Control

I'm Thankful For...



Coloring

Draw

Exercise

Listening to music

Talking to a friend

Play video games

Deep breaths

Play a sport



20 SECOND HANDWASHING

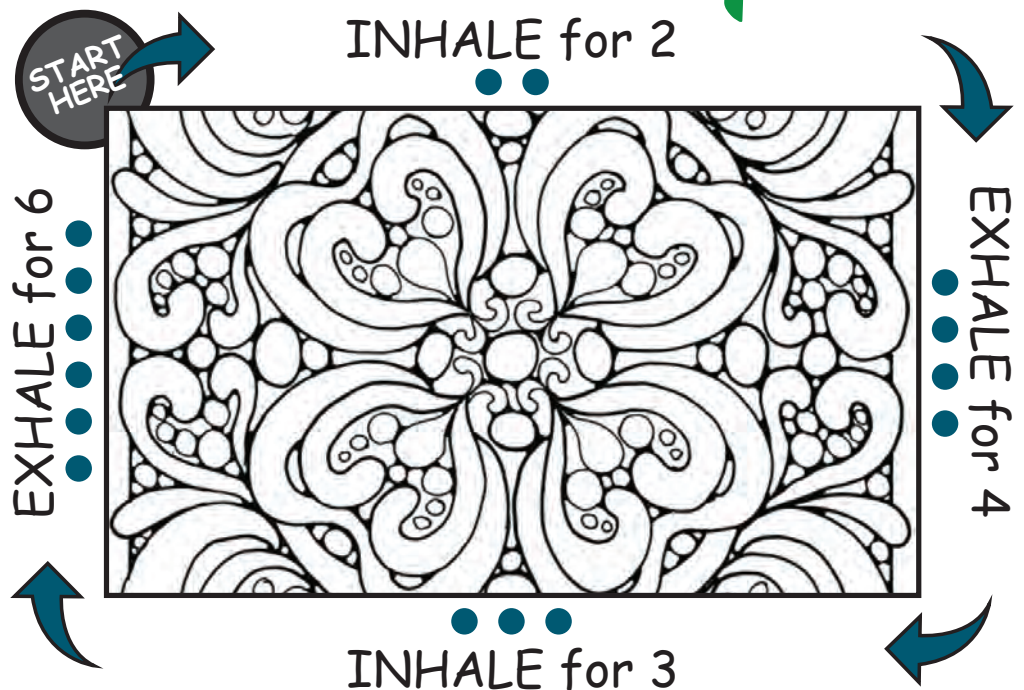


MANAGING TRIGGERS

Thankful 3's



Mark your mood on each day of the week.
For Example:
If you are happy on Monday, write **M** next to happy on the Mood Meter.



Breathe In - Stretch Out

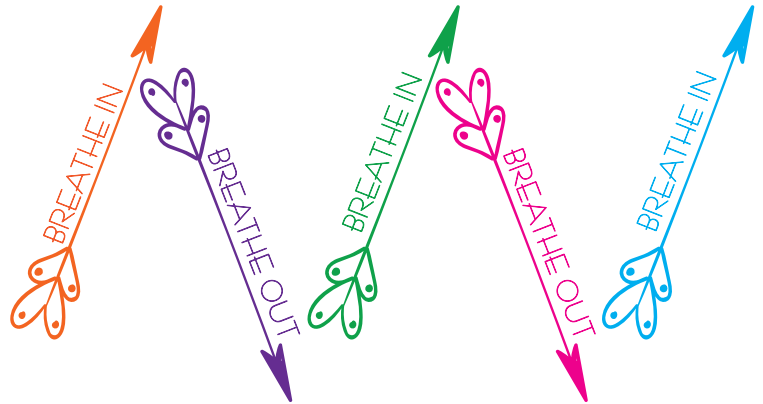
MAKE A RAINBOW BREATHING

- Arms start at the side of your body.
- Arms go up as you breathe in and go down as you breathe out (arms make a rainbow).



ZIG ZAG BREATHING

- Follow the zig zag line.
- Breathe in as you follow the line up and breathe out as you follow the line down.



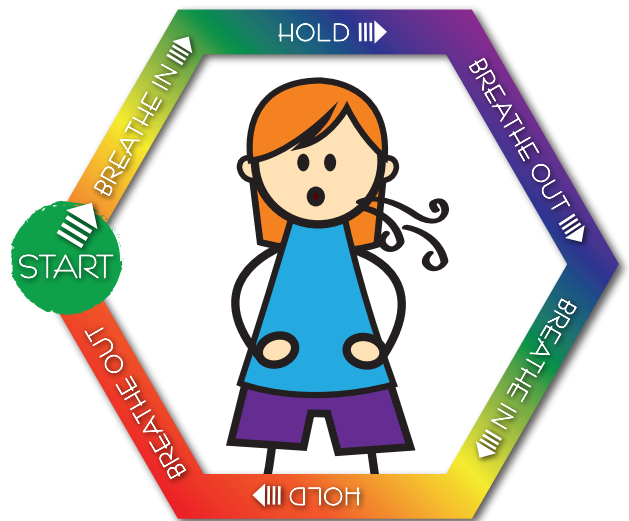
VOLCANO BREATHS

- Pretend your hands and arms are like lava flowing from a volcano.
- Start with your hands in front of your heart, with palms touching.
- Keeping your hands together, reach straight up and breathe in.
- Separate your hands and move your arms down to your side and breathe out.



6-SIDED BREATHING

- Start at the left hand side of the hexagon.
- Trace your finger over the "breathe in" side as you take a deep breath in.
- Hold your breath as you trace the second side of the hexagon.
- Breathe out as you trace the third side of the hexagon.
- Then repeat for the bottom part of the hexagon.



20 SECOND HANDWASHING



You Get to YOGA!

Salutation Seal

Instructor Says:

Inhale and sit down, crossing both of your legs. If you look down, it should look like a pretzel. Join both of your palms together as you inhale, pointing your fingers to the sky as if you were saying a prayer. Now, pretend there is a hook on your head. Imagine someone is pulling up on the hook, making you sit up straight. Your back should feel lengthened and flat. Close your eyes. Start to bring awareness to your breath while holding this posture. Begin to breathe normally.

Kids Do:

Kids will cross their legs and bring hands together as if they were to say a prayer. Their backs should be straight, and their head should be up and facing forward with their eyes closed.



Should Look Like:

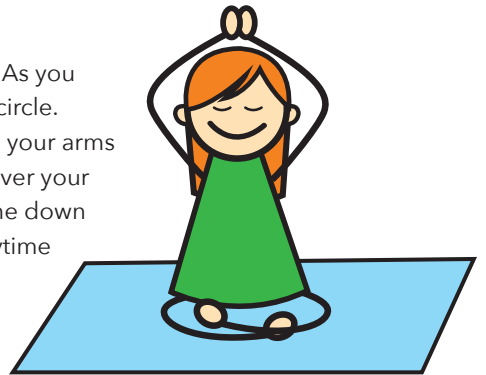
Balloon Breaths

Instructor Says:

Bring your hands beside you. Close your eyes. We are about to turn our bodies into balloons. As you breathe in, float your arms beside you, bringing them together over your head, making a big circle. That's your balloon. As you breathe out, you're going to let your balloon float away by floating your arms down beside you. Let's try it again. As you breathe in, float your arms up, making a big circle over your head, and then as you breathe out, let your balloon float away as you slowly let your arms come down onto the ground beside you. The special thing about yoga balloons is you can make them anytime you want, and if your balloon floats away, you can always make another one.

Kids Do:

Kids continue to sit with their legs crossed. Kids will place their hands on the ground beside them, then slowly bring them up to make a circle above their head, and gently return them back to the floor upon instructor's directions. Kids will repeat this action.



Should Look Like:

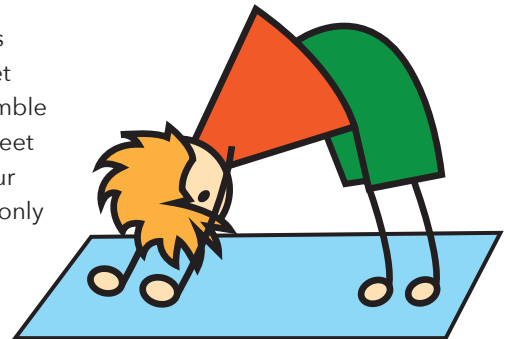
Downward Facing Dog

Instructor Says:

This next pose is called the downward facing dog. It stretches your upper body and provides you with energy. First, place your palms face down on the floor in front of you. Move your feet underneath you so that your knees are bent, your feet are close to your hands, and you resemble a frog pose. I want you to inhale, and as you exhale, you will straighten your legs. Walk your feet behind you so that your hands and feet are a few feet apart, your elbows aren't bent, and your bottom is facing upwards towards the sky. Bring the soles of your feet off of the floor so that only your toes are touching the ground. Breathe normally.

Kids Do:

Kids will bring their hands in front of them and slowly bring their feet beneath their body. Their hands and feet should be close together with the legs bent. Kids will walk their feet back to resemble downward facing dog pose for 15 seconds.



Should Look Like:



More YOGA!

Upward Facing Dog

Instructor Says:

Now we will move into upward facing dog. This pose helps strengthen your back and open up your chest so that you may breathe more fluently. Begin walking your feet out behind your body looks like a flat board (plank position). Inhale deeply, and as you exhale, gently drop your hips to the floor, while keeping your arms straight and chest up. Slowly move your head back and look to the ceiling. Breathe normally.



Should Look Like:

Kids Do:

Kids will move from downward facing dog to plank position by moving feet backward. Kids will then drop their hips to their floor resembling a seal. Kids arms will be straight and elbows will be locked as they look up towards the ceiling. Hold this position for 15 seconds.

Dolphin Pose

Instructor Says:

Now we will move back into the downward facing dog pose. While slowly bringing your head down, keep your arms straight and walk your feet to your hands until you are back at the downward facing dog pose. Remember, the soles of your feet should be lifted off of the ground. Next, slowly drop your elbows to the floor, one at a time. Once they are both on the ground, clasp your hands together. This is the dolphin pose. It stretches the hips and upper body, helps with mood, and provides you with energy.



Should Look Like:

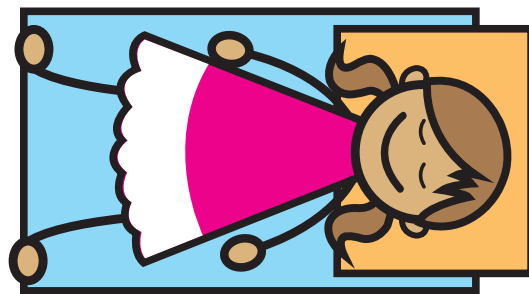
Kids Do:

Kids will return to downward facing dog pose and drop elbow to the ground, clasping their hands together. Hold this position for 7-10 seconds.

Micro Nap

Instructor Says:

We will end our session with the micro nap. Lie down on your back, placing your arms by your side, with your palms flat on the floor. Let your legs relax in a comfortable position. Inhale for 5 seconds, hold your breath for 3 seconds, and exhale for 5 seconds. We will repeat this process for the next 3 minutes, letting yourself fall into deep relaxation.



Should Look Like:

Kids Do:

Kids will lie on their back in a comfortable position, with their arms beside them. Kids will breathe deeply for 3 minutes and allow themselves to fall into a state of deep relaxation.



ROLL A COPING SKILL



Roll the dice and look at all the coping skills in that row. Then color code each coping skill based on the colors you choose for the following options:

☐

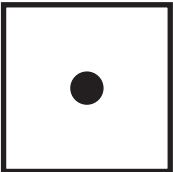
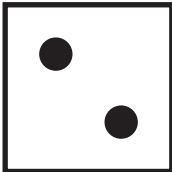
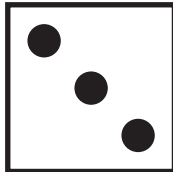
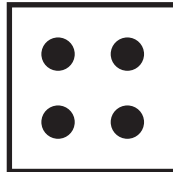
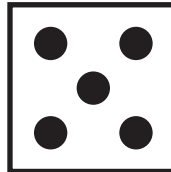
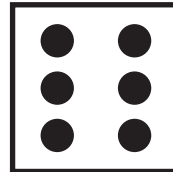
A coping skill I use

☐

A coping skill I'll try

☐

This probably won't help me

Breathe	Stretch	Knit or sew	Read	Play with a pet	Play sports
Count to 10	Cook or bake	Paint	Dance	Pray	Take a nap
Cry	Listen to music	Draw	Sing	Hug someone	Text a friend
Talk about it	Do a puzzle	Write	Color	Meditate	Accept your emotions
Ask for help	Exercise	Play a game	Watch a movie	Think about your favorite things	Think positively
					



ROLL A COPING SKILL



Roll the dice and look at all the coping skills in that row. Then color code each coping skill based on the colors you choose for the following options:

☐

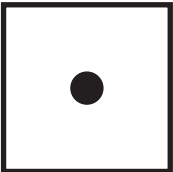
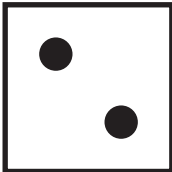
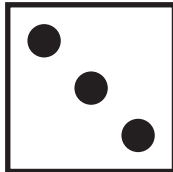
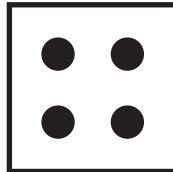
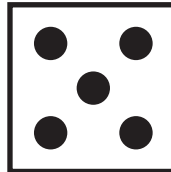
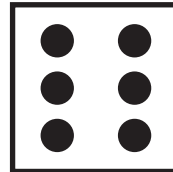
This coping skill gets me into trouble often

☐

Sometimes this coping is a problem for me

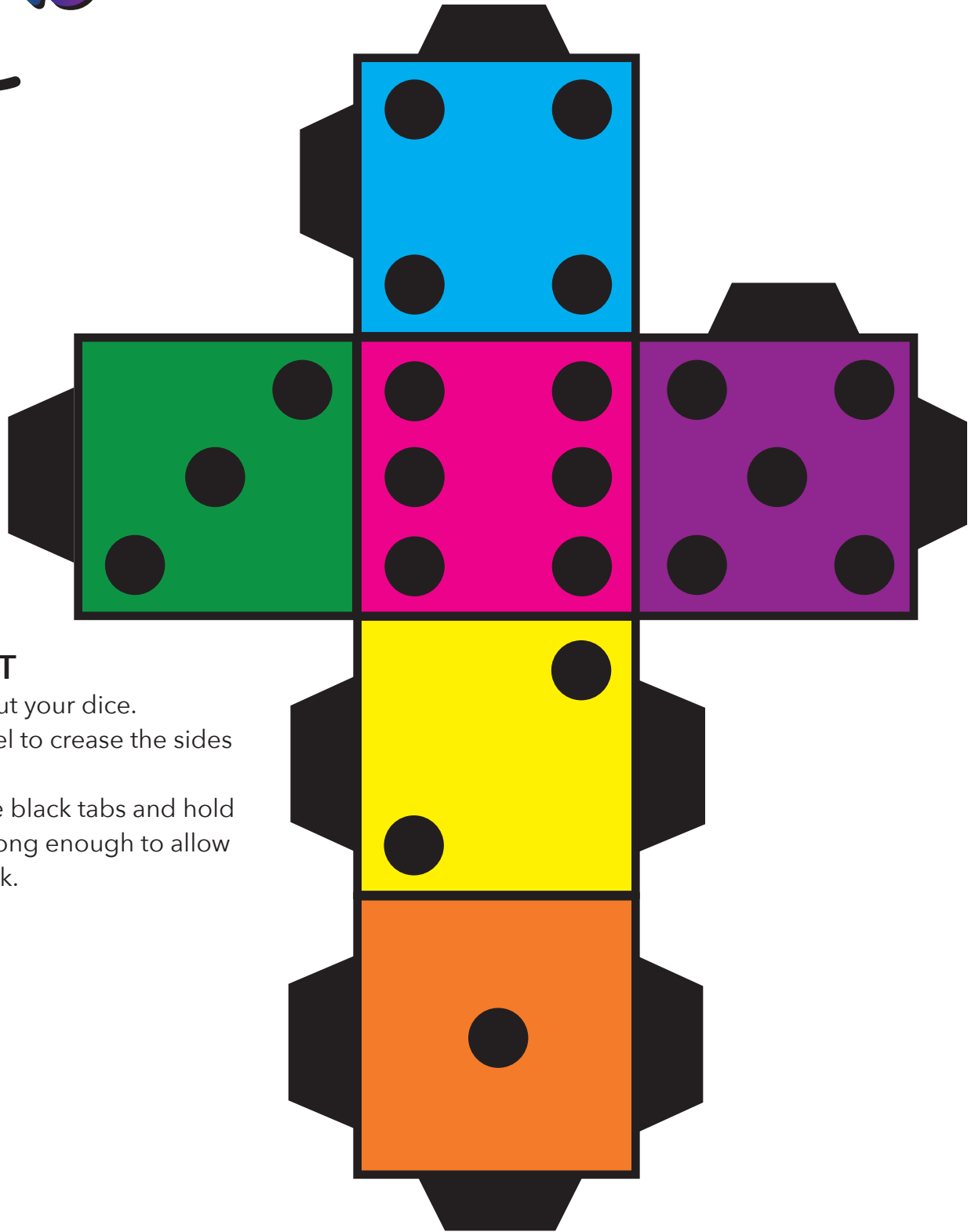
☐

I don't use this skill to cope

Sleep all day	Do drugs or alcohol	Hurt others	Blaming yourself	All or nothing thinking	Slamming doors
Not eat	Make bad choices	Destroy things	Not trying at all or quitting	Gossiping	Procrastination
Overeat	Throw things	Say mean things	Hurtful self talk	Lying	Shut down completely
Cursing	Refusing to talk to anyone	Threaten others	Bullying others	Catastrophizing	Bottle up emotions
Avoiding the problem	Hurt yourself	Yell and scream	Denying	Throwing a tantrum	Blaming others
					



ROLL A COPING SKILL



DICE CUTOUT

1. Carefully cut out your dice.
2. Fold each panel to crease the sides of the dice.
3. Put glue on the black tabs and hold box together long enough to allow the glue to stick.



WEEKLY GOAL TRACKER

Use this chart to keep track daily of how often you ACHIEVE YOUR GOALS during the week.

Mark with an **X** if you were UNABLE TO REACH YOUR GOAL for the day...

or mark with a **✓** if you ACHIEVED YOUR GOAL!

GOALS	Su	M	T	W	Th	F	Sa
EXAMPLE Complete ALL of my homework on time	—	✓	✓	X	✓	X	—

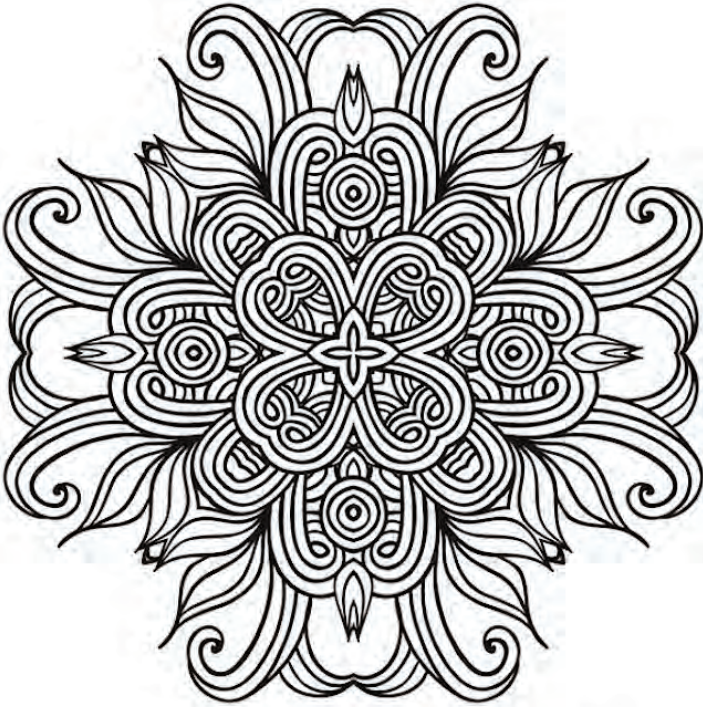


SPIN MY FEELINGS

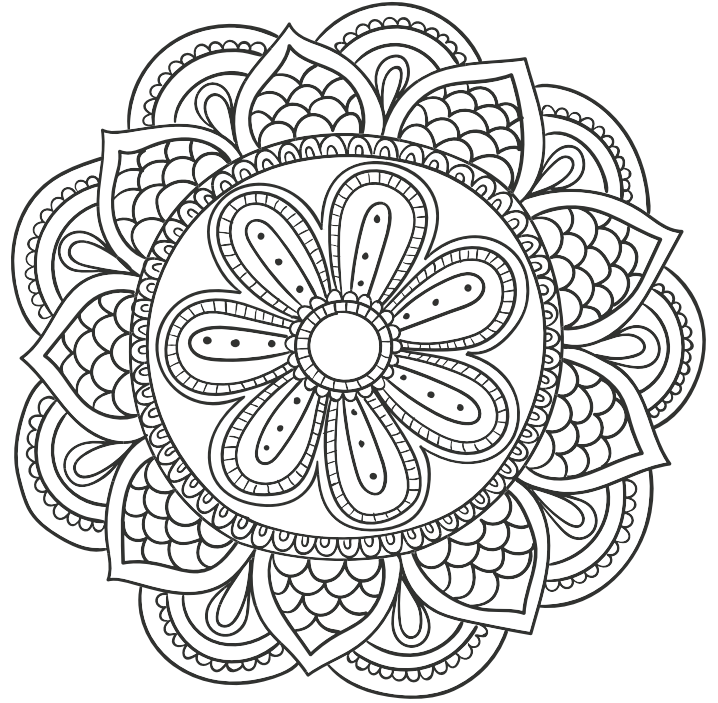
With a paper clip in the center of the spinner, hold it in place with the tip of a pencil. Spin the paper clip to see which emotion you land on. Fill in the corresponding blank "when" piece to describe a time **WHEN** you experienced that **FEELING**.



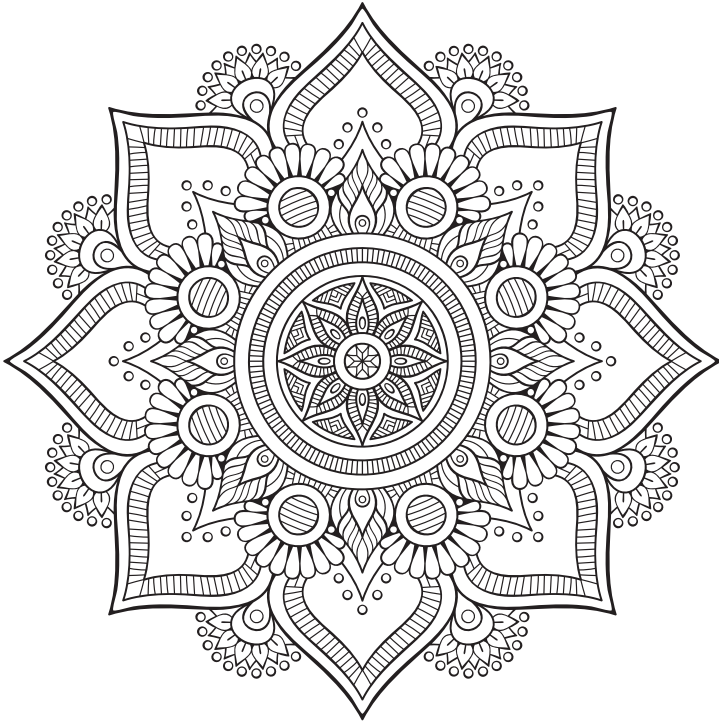
Power Mandalas



My **PROBLEMS** have **SOLUTIONS**.



EVERY DAY is a **FRESH START**.



I TRY my **HARDEST**.



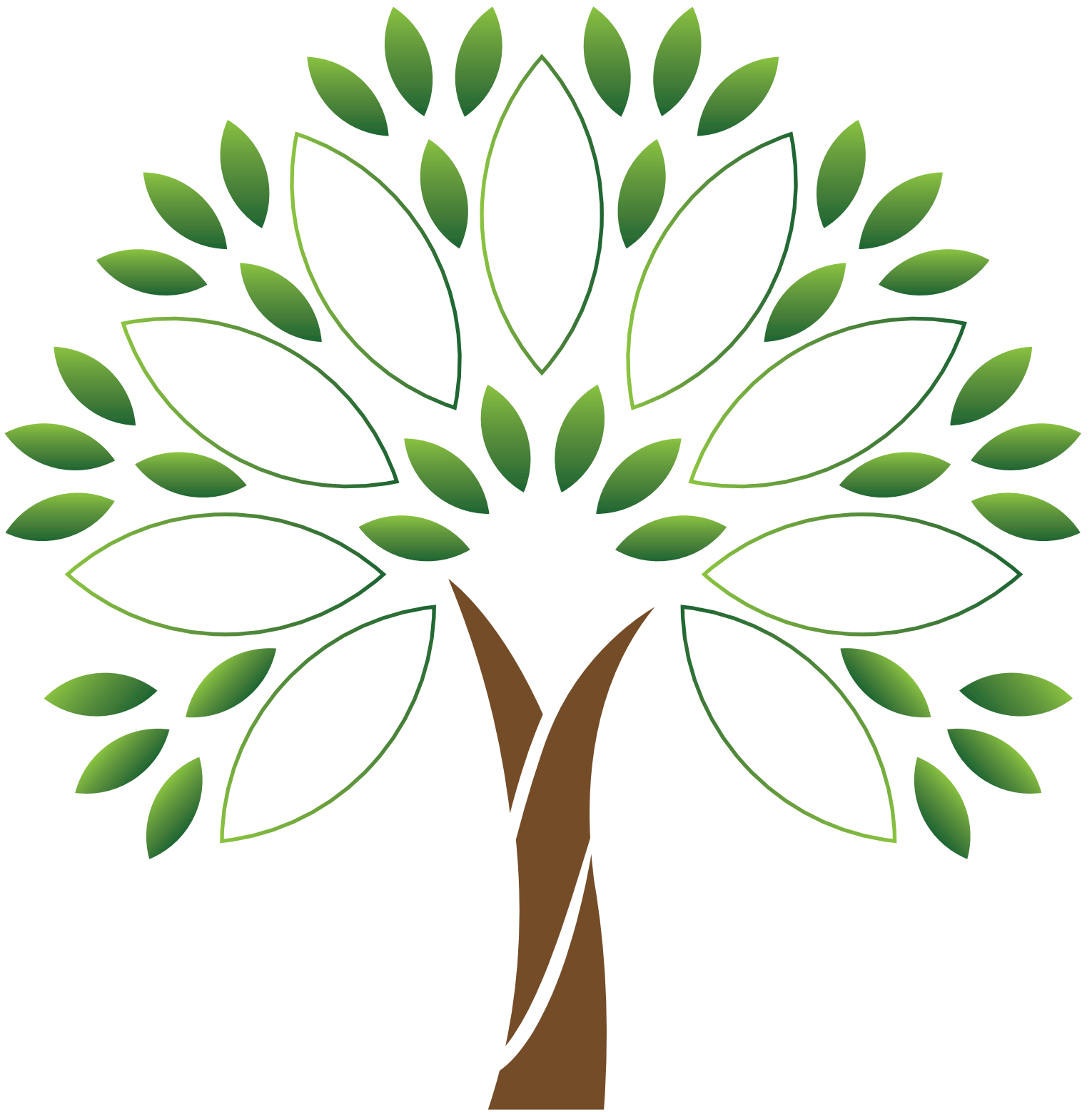
I LIKE myself the way **I AM**.



20 SECOND
HANDWASHING

My GRATITUDE Tree

Fill in the leaves with what you are grateful for in your life.



MY COVID-19 MEMORIES

Draw pictures of what your time was like during the virus. What was fun? Scary? Boring? Use the 5 boxes to draw your most memorable days. You will look back on this and remember that even though this may have been scary, good things happened and you made it through!

The form consists of five rectangular boxes arranged in a grid-like fashion, each outlined with a different color of dotted line. The top-right box is outlined in red. The middle-left box is outlined in orange. The middle-right box is outlined in green. The bottom-left box is outlined in blue. The bottom-right box is outlined in purple. Each box is intended for a drawing representing a memorable day during the COVID-19 period.



Tips for talking with kids about Covid-19



- Assess what your kids already know, so that you can talk through any inaccurate information
- Give them appropriate and correct information about COVID-19
- Explain changes that are important to them - digital learning days, no sports practice, rescheduling playdates, changing vacation plans
- Answer your kids questions and talk through fears/emotions
 - Help kids understand it is normal to feel scared, nervous, confused
 - Talk through disappointments about life changes
- Reassure them they are safe now and ways the family is trying to stay safe by washing hands, not going in crowds, etc.
- Frame this as ways you and your kids can stay in control
- Steer clear of 24/7 news cycle
 - Kids can't process news information the same as adults and can increase fear and confusion
- Plan regular check-ins with your kids to continue talking about how they are feeling and answer questions as they arise.



tips for families

COPING WITH COVID-19



grow
counseling

Keep a positive perspective.

Don't forget to pay attention to what is going well for you - there are always positive things around us if we pay attention to them. Confirmation bias means we see what we expect to find. If we expect to find stress, then we will. If we look for the positive we begin to have a more balanced perspective even during difficult times. Start a gratitude journal or ask your family to share one thing they are grateful at dinner to help focus on the positive. Help your kids find the helpers and ways the community is coming together.

“When I was a boy and I would see scary things in the news, my mother would say to me, Look for the helpers. You will always find people who are helping.” - Mr. Rogers

Watch out for emotional contagion.

Psychological studies show that emotions (especially negative ones like fear, anxiety, worry, and hopelessness) are contagious - just like a virus! Pay attention to who you are talking to and whether they bring you life. Limit interactions with people who increase fear and anxiety for your family. Your kids will reference you to know how to respond so check in with your own fears and anxieties often and be mindful of what you say in front of your kids. Have a plan for big emotions such as a calm down area and daily check in time with your kids.

Look for opportunities.

This is a great time to spend more quality time as a family or do some things around the house you have wanted to cross off your to-do list. Encourage each family member to set a goal of something they would like to do with their extra time such as for kids learning the alphabet or improving their cartwheel and for parents cleaning out a closet or starting to get into shape. Brainstorm as a family fun activities or projects you can do together at home such as camp out in the living room or an art project.



Establish a routine.

This isn't exactly the same thing as a weekend or a vacation because of the indefinite and extended amount of time. Having a routine will help you and your kids know what to expect and look forward to. It will help things feel a little more predictable and controllable. Consider making a visual schedule with your kids for the day especially if you are doing digital learning or working from home. Include time for exercise, outdoor time, school work, family connection, and quiet. Identify some of the more difficult parts of the day for you and plan to include something you enjoy such as your favorite music or light your favorite candle during those times to help reduce stress.

Socially connect.

Stay physically distant but use this as a time to connect. Catch up with friends and family using technology, social media, and letter writing. Schedule video calls for your young kids so they can stay connected with their friends or ask a grandparent to read to your kids by phone or video. Let's face it being at home with kids around the clock can be stressful at times so plan times to connect with other parents and friends as a support to each other and share ideas. Relational connection is what keeps us from experiencing crisis and trauma during stressful times.

21 DAYS TO A MORE IMPACTFUL YOU MOVEMENT SELF-CARE CHALLENGE

1 Ditch Habits, Create Practices  <p>HABITS Unconscious repetitive acts that are done without intention or awareness.</p> <p>PRACTICES Repetitive acts that are consciously done for an explicit benefit and can be improved upon time.</p>	2  Stay Hydrated Regularly... With H2O!	3  Practice 20-20-20 Vision	4 Breathe Low and Slooow 	5  Spaciousness is Essential for Self-Care
6 Go Screen-Free 	7  Connecting to Your Whole Self	8  Go Pee – Join the Self-Care Revolution	9 Give Yourself 10-15 Minutes of Spaciousness 	10 Building Resilience 
11  Connecting to Others	12 Get Outside and Take a Fresh Air Break 	13  Invite Poetry into Your Life	14 Connection between Mind, Body, and Spirit 	15 1 Minute of Breathing... With Your Hands! 
16  Don't Eat Lunch at Your Desk	17  You are Not Your Performance	18 Make the Time and Space to THINK BIG 	19  The Rule of Five	20  Put Your Oxygen Mask On First!
21 You Did It! 				



MOVE TO END VIOLENCE
a program of the NoVo Foundation

movetoendviolence.org

WELCOME TO THE 21-DAY CHALLENGE!

Congratulations on taking this step to deepen your practice of ***self-care for greater impact and sustainability!***

To achieve lasting social change, we need a movement that is driven by powerful, resilient, creative, and impactful individuals *who stay in this work for the long-haul*. At Move to End Violence, we believe that to show up this way -- as our most impactful and innovative selves -- we need to intentionally practice self-care. We created the 21-Day Challenge to help build a powerful community of movement activists engaged in this practice together.

This first 21-Day Challenge drew more than 2,000 activists hungry for this practice--including you. Together, we examined our habits and took steps towards embracing more mindful practices. From drinking more water and focusing on more intentional breathing to pushing ourselves to incorporate spaciousness, creativity, and risk-taking into our days. Congratulations.

And, as we all know, this is a practice. We've compiled this packet that puts the entire challenge at your fingertips in hopes that it will be useful as you continue your practice of a more sustainable and impactful you! Consider posting the practice you are intentionally cultivating on your wall as a reminder and source of ongoing inspiration.

We will run this challenge again. If you know someone who missed out this cycle, be sure to tell them to sign-up on www.movetoendviolence.org to be notified when we initiate another 21-Day Challenge. Not to worry, we'll let you know too.

Thank you for joining our community of practice!

Day 1: Ditch Habits & Create Practices

Habits are *unconscious* repetitive acts that are done without intention or mindfulness. Our habits often conspire to eliminate spaciousness in our daily lives. Creating “spaciousness”—a breath, an interval, or a moment to consider or to reconsider—is one of the most critical aspects of self-care. It’s key to unlocking our creativity, gaining a wide perspective, cultivating resilience, thinking strategically, and making a greater impact as a movement!

When we become aware of our habits, we can choose to replace them with intentional **practices**, which are repetitive acts that are consciously done for an explicit benefit (like creating spaciousness) and which can be improved over time.



Today's Challenge

Self-care confessions: When we stop to think about it, we probably all have some pretty hilarious stories about the habits we hold which sabotage our self-care. For instance, an advocate we love gave us permission to share her recent confession:

"I used to hold my pee for hours at a time to work longer without taking a break. When I finally did hurry down the hall to the bathroom, I would unbuckle and unzip my pants along the way to "save time." Even after several embarrassing encounters with unsuspecting passersby, I kept it up in service of getting more done."

We're happy to report that she has recently replaced that habit with the revolutionary practice of making time to pee (and is now keeping it zipped). But the first step was to name the habit and to hold it lightly enough to laugh about it.

Today, confess (if only to yourself) one specific habit that is undermining your self-care -- the more embarrassing the better. Then name an intentional practice that you want to shift toward instead.

Deepen Your Practice

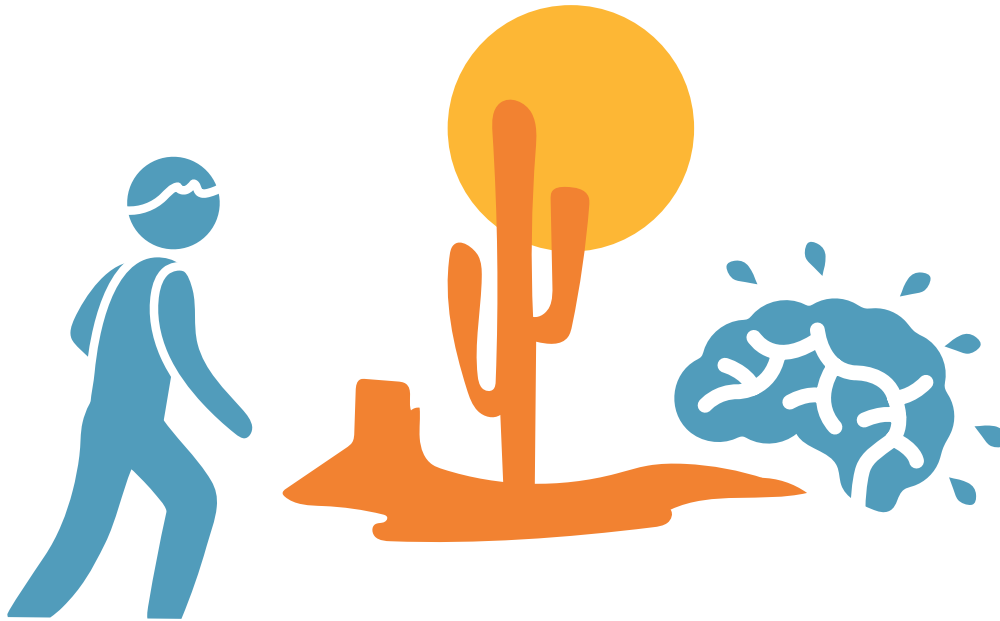
Practicing with a friend? Share your new practice with them and check-in to hold each other accountable.

Day 2: Stay Hydrated Regularly... With H2O!

Hydration is one of the simplest, yet most essential things you can do for your self-care. We're sure you already know how good water is for you, that it boosts your energy, and helps with digestion. But did you know that:

85% of your brain tissue is water!

If you're dehydrated, your mind and body are like a car running on empty.



Bottom line: If you're like some people around here not drinking enough water, you are not giving your mind and body what they need to be their most impactful.

Psst. Coffee drinkers. If you've been drinking that cup of coffee and feeling pretty good about yourself, thinking "It's not like I'm drinking *Diet Coke* for breakfast. It's mostly water, right?" We've got some bad news for you. That ain't gonna cut it. You need the good stuff: the pure H2O. At a bare minimum, drink 1 cup of water for every 1 cup of coffee.

Today's Challenge

Place a big bottle of water by your desk and **drink from it** regularly. Was it empty by the end of the day? Did you do multiple refills? Note how much you drank by the end of the day.

Deepen Your Practice

Increase that amount a little bit each day. Try to add a cup a day this week.

Day 3: Practice 20-20-20 Vision

How long have you been sitting there staring at your screen? How are your eyes doing right now? Many of our jobs require us to stare at a computer for a good chunk of the day. When we get into this zone, we begin to over-tax our mind and body **which leads to a diminishing return on our productivity.**

Today's Challenge

Set a calendar reminder or alarm on your phone to look away from the computer screen for 20 seconds every 20 minutes. You should try to focus on something at least 20 feet away. This will give your eyes a chance to re-lubricate, your mind to rest, and your body to notice any physical needs you might be ignoring (gotta pee?). Does the idea of looking up from your computer every 20 minutes sound disruptive to you? Here's the thing: we *need* to disrupt this habit which is causing us to work in a less-than productive way. **Work smarter. Not harder.**



Deepen Your Practice

When you look up and out, notice one thing that you never noticed before. *How long has that building been there?*

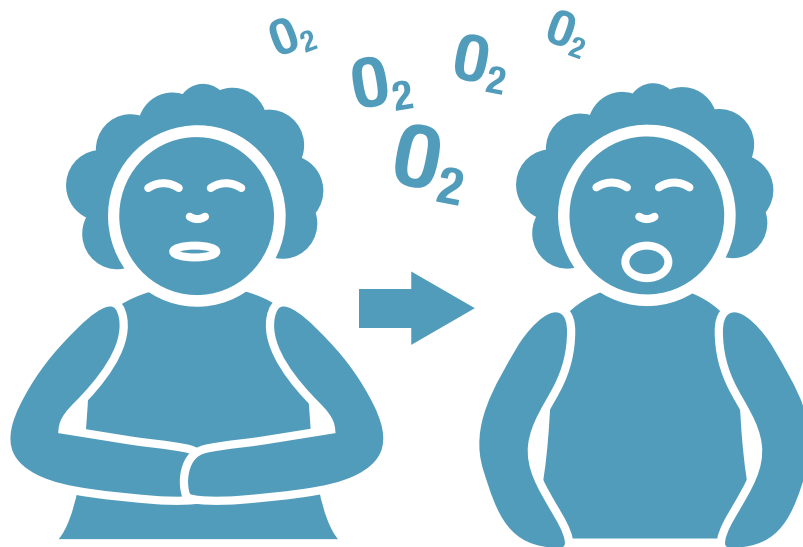
Day 4: Breathe Low and Slooow

Are you aware of your breath right now?

How about now?

Did you know that over 90% of us are using less than 50% of our breathing capacity? Think about the last time you were anxious or stressed. Was your breath fast and shallow? High up in your chest? Could you not think properly or strategically? Our body will often exhibit signs of anxiety and stress before our mind even registers it!

By intentionally breathing slowly from low in our core and cultivating this practice on a regular basis, we become our most powerful selves: physically AND mentally.



Today's Challenge

Intentionally set yourself up to be your most grounded, present, powerful self. Before each call, meeting, or appointment you go into, take three slow and deep breaths. Make sure you can feel the balls of your feet on the ground. Focus on your breathing to let your mind clear – experiment by filling your mind with a single exhale. You will literally feel more grounded and better able to engage in the meeting you are going into! Over time, this practice can help create the spaciousness that is required for strategic thinking.

Deepen Your Practice

The next time you find yourself breathing fast and high in your chest, take a moment to slow your breathing down. Breathe deeply from just below your belly button. You want your exhales to be longer than your inhales. You may find that relaxing your body out of the state of anxiety may also affect the anxiety in your mind. This will allow you to respond (or not) rather than just react.

Day 5: Spaciousness is Essential for Self-Care

On our first day, we introduced spaciousness as a breath, an interval, or a brief pause from our daily work. Can you remember why spaciousness is essential for self-care?

If you answered something like: “because it allows you to think creatively to imagine new possibilities for greater impact and to be sustainable in the long haul?” You got that right!

Poetry is an amazing tool for helping to cultivate spaciousness and unlock our creative side. And the poem “Fire” reminds us of how important spaciousness is.

Today’s Challenge

Read “Fire” out loud to yourself (or with others who might be taking this challenge with you!).

FIRE

What makes a fire burn is space between the logs,
a breathing space. Too much of a good thing,
too many logs packed in too tight
can douse the flames almost as surely
as a pail of water would.

So building fires requires attention
to the spaces in between, as much as to the wood.

When we are able to build open spaces
in the same way we have learned to pile on the logs,
then we can come to see how it is fuel,
and absence of the fuel together, that make fire possible.

We only need to lay a log lightly from time to time.

A fire grows simply because the space is there,
with openings in which the flame that knows
just how it wants to burn can find its way.

- Judy Brown

Deepen Your Practice

Let's get creative. Pick one line from the poem and -- using your selection as the first line -- write your own 5-line poem. Give yourself only 5 minutes to do this and write whatever comes to mind. Don't overthink it! Set the timer, let it flow and see what's in there, waiting to come out.

Day 6: Go Screen-Free - Be Impactful

Do you ever notice people walking down the street without looking up and where they're going? Staring at the various sized screens (phone, iPad, computer, TV) can literally shrink our perspective of the world to that sized screen (this is one reason texting while driving is such a bad idea).

To be most impactful, we want to practice being present in the moment and widening our perspective so we can see all the strategic possibilities available to us.

Today's Challenge

Practice the physical experience of **b r o a d e n i n g** your perspective and being present by not looking at a screen (when possible). How long can you go? If it is the weekend could you go a whole evening? A whole day? How did this practice change how you experienced today?



Day 7: Connecting to Your Whole Self

When was the last time you drew, sang out loud or did anything that involved art? Children are encouraged to color, explore, and create. These activities foster imagination, innovation, and risk-taking. Unfortunately, this important way of being can get lost along the way to adulthood. A part of self-care is reconnecting to your whole self to unleash your full potential.

However untapped it may be, each of us has an artistic/right-brain side. (Yes, even you.) By tapping into that side of you, you can unleash the creativity and innovation our movement needs to create bold social change.



Today's Challenge

Do one thing that taps into your creative self. Try drawing a picture, singing or dancing to your favorite song, playing an instrument or writing a poem!

Day 8: Go Pee -- Join the Self-Care Revolution!

Ever heard yourself or someone else say: “I haven’t had a chance to pee all day!”? Are YOU holding it in *right now*?

For those of us scheduling back to back meetings or appointments with no spaciousness for thinking, much less other critical bodily functions, not having to pee can seem like a great convenience. Of course, what it tells us is that you are not hydrating sufficiently and your body is not getting what it needs to function at its peak performance.

Your mind and body are intimately connected. Think of it this way: If your bladder isn’t charging on all cylinders, neither is your mind.



Today’s Challenge

Note how many times you go to the bathroom. If you’re not going at least once in a 3-4 hour block, drink more water! Psst. If you are proudly peeing due to the amount of caffeine you are drinking, this is your friendly reminder that coffee, doesn’t count as water. Try to replace at least one of those split-shot americanos or double soy lattes with a nice, refreshing cup of H₂O.

Deepen Your Practice

Check out the color of your pee before you flush: the lighter, the better! Yeah. We went there.

Day 9: Give Yourself 10-15 Minutes of Spaciousness

One common habit of office work is to crowd our days with back-to-back meetings or appointments, without breathing space (aka spaciousness!). When we do this, we are not creating the time to refill our water glass or go to the bathroom, much less to **properly reset our mind for the next endeavor to show up as our most strategic selves**. (And there is a decent chance we are showing up to that next meeting late and stressed).

The paradox is that the meetings feel so important that they must be squeezed in, and yet, by packing our days so tightly we are absolutely ensuring that the quality of our work will be reduced.



Today's Challenge

Look at your schedule to see if there is evidence of this lack of spaciousness. **Where possible, make adjustments to your schedule so that there is at least 10-15 minutes between each appointment.** If this feels impossible today, start with 5 minutes and look for other creative strategies to create space for yourself. Stand up, take bathroom breaks when needed, sit across from a window and allow yourself to look out at the horizon.

Deepen Your Practice

Make it a personal practice to block out 10-15 minutes on your calendar between any appointments you set up.

Day 10: Building Resilience

We practice self-care to have the most powerful impact possible for the long haul. An essential element of this is building up your resilience so that you're able to deal with the unexpected. Resilience can only be built up over time, with practice. It requires many of the tips that we've given you around cultivating spaciousness, breathing deeply, and having a wide view.



Today's Challenge

Think about a challenge you are facing, what self-care practices from the last nine days could you employ to ground yourself in the face of this difficult situation?

Deepen Your Practice

In any type of reflection of your choosing (art, writing, poetry etc.), describe how the movement might look if we were all resilient. What might be possible?

Day 11: Connecting to Others

Have you done a quick check-in with your people today? Creating space to connect with others is another form of self-care! By investing the time in seeing each other's humanity (*and in being seen*), we build relationship and trust. And that is the foundation for a powerful movement for social change.



Today's Challenge

At one of your meetings, instead of going straight into the agenda, do a short check-in with folks first. Try these prompts or create one of your own:

- One thing I do to take care of myself is...
- Tell a story about a recent time you felt powerful. How did it feel in your body?
- What are you going to do after we end violence against girls and women?

How did starting by connecting as human beings affect your experience? Did you learn anything new about your colleagues? Appreciate them differently? Did the tone of the meeting shift?

Deepen Your Practice

Want to connect more deeply with your colleagues? Try out our love notes toolkit by checking out movetoendviolence.org/resources.

Day 12: Get Outside and Take a Fresh Air Break

When was the last time you were outside?

Just like taking a deep breath, taking a fresh air break creates spaciousness and allows you to think more strategically and innovatively. And it helps recharge your mind, body, and spirit!



Today's Challenge

Take at least one short break outside. Allow yourself to just be still for a moment and take an expansive view of the landscape. Find the horizon. Notice what you can see in your peripheral vision. Find one thing that you haven't noticed before. Take several slow and low breaths. Soak it in. Practice this big awareness here so you can intentionally bring this same practice back into your strategic thinking at work. Doing so will help you begin to see new possibilities.

Psst. DO NOT check your smart phone during this short break!

Deepen Your Practice

Create a longer opportunity to enjoy the fresh air today. Can you catch up with a co-worker or friend over lunch outside? How about having that meeting while walking?

Day 13: Invite Poetry into Your Life

On Days 5 and 7, we tapped into your creative side. You might still be wondering, how is art so essential to creating self-care for impact and sustainability? Art allows us to tap into our creative and FULL potential. It creates spaciousness from our daily habits and provides the opportunity to think differently and to discover new possibilities.



Today's Challenge

Even if you are not much of a poetry person, we bet there is one poem that spoke to you at some point! Rediscover that poem and read it out loud to yourself, your loved ones, and family. Got kids? Invite them to read it aloud with you. Can't think of a poem? Share some inspirational quotes!

Day 14: Connection between Mind, Body, and Spirit

Science tells us that it takes 21 days to break a habit and we are well on our way! By now, we hope you've learned that your mind, body, and spirit are beautifully interconnected. This poem introduced by our faculty member, [Norma Wong](#), demonstrates what it means for YOU to be connected to your mind, body, and spirit.

Our mind, body, and spirit are “hard-wired”
together; each impacts the other

When one part is tired or depleted,
all parts are tired and depleted

By working on and restoring one part,
all parts benefit



Today's Challenge

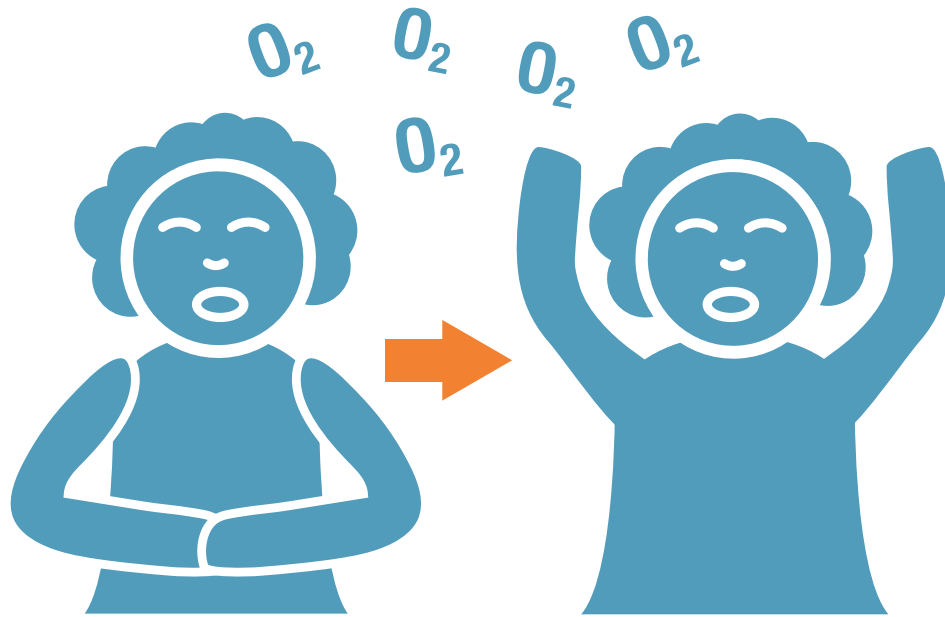
Remember that old adage that smiling and laughing can instantly make you feel better and happier? Find a video clip, gif/meme, or photo that has never fails to make you smile.

Deepen Your Practice

Notice whether caring for your physical self has benefited or improved your mental and spiritual self and share with us.

Day 15: 1 Minute of Breathing... With Your Hands!

Hopefully in these past 15 days, you've become more conscious of your breathing! The breath is one of the best diagnostics we have of how we are doing. It acts like an alarm system for the body - we tend not to notice it when all is well, but when we feel anxious, scared or angry, the breath - or lack thereof - is a great indicator. Once we get into the practice of noticing our breath, we can use it to our strategic advantage. One way to observe your breathing is to visualize it with your hands.



Today's Challenge

Spend 1 minute focused on your breathing. Clasp your fingers together in front of your belly, palms facing up. On the inhale, lift your clasped hands up – when you can no longer inhale, rotate your palms face down, begin to exhale slowly and bring your clasped hands down for the duration of your exhale. Repeat 10 times.

Deepen Your Practice

Do this at least 2 more times with a partner and see if you can lengthen the exhale each time.

Day 16: Don't Eat Lunch at Your Desk

Fun (and gross) fact: Did you know that the average desk and keyboard have more germs and bacteria than a toilet seat? And yet, so many of us consume our lunch hovered over our desks. Many of us have fallen into this (literally) nasty habit because we have limited time during the day and we're trying to maximize every minute we're at work. But, the reality is, by failing to take a lunch *break* we eliminate the opportunity for spaciousness and for our minds to reset and recharge.



Today's Challenge

Eat your lunch somewhere besides your desk! This gives you a chance to practice spaciousness, get-up, stretch and change your surroundings for a short while.

Deepen Your Practice

Sharing a meal with other people is a time-honored way of connecting to our own and each other's humanity. And, even if you must talk about work instead of the last great book you read, the unstructured nature of lunch can open up space for creativity. Notice what becomes possible when you eat lunch with someone else today.

Day 17: You are Not Your Performance

In our hectic world, there is often an unyielding pressure to perform in a certain way, rather than to just be who you are. Know that ***your performance is not who you are***. Your worth is inherent, it's not transactional, to be won or lost in an instant. External performance is not about who you are.



This element of self-care is critical to the success of our movement because when our self-worth is tied to our performance, we tend to shy away from risk-taking and experimentation - two qualities that are essential for creating bold social change. To be our most impactful, we need to be able to fail spectacularly - time and again - without feeling like a failure.

Today's Challenge

Step outside of your comfort zone. Identify something that you've been wanting to do but feels risky. Don't be afraid of failing. Success for today is in committing to the trying, not the outcome. Write down your commitment and have a conversation with a colleague or friend about it.

Day 18: Make the Time and Space to Think Big

Sometimes in our daily work routine, we get so caught up in the never-ending tasks at hand that we don't have the spaciousness to step back and think big; to reflect on the world we are trying to create. To be a powerful movement for social change, **we need to have a clear vision of where we are trying to get TO in order to develop strategies for how to get there.**



Today's Challenge

Actively schedule a big chunk of time to get your best big picture thinking. Start with 30-60 minutes to think about the world you are trying to create and how your current work drives toward that purpose --and note where it doesn't! You might find opportunities to be your most impactful by eliminating projects that don't serve your purpose!

Deepen Your Practice

Do this activity with your colleagues and share what your powerful visions entail!

Day 19: The Rule of Five

Multi-tasking is a myth! When we think we're multi-tasking, we're simply doing one thing at a time sequentially, switching our focus from one to another rapidly. This is a recipe for doing many things poorly rather than a few well. We can really only excel at a "handful" of things at any given time. As such, we should only have five priorities at most. Beyond that, we will lack spaciousness and impact.



Today's Challenge

Hold up your hand and identify your five priorities for the week. Knowing what your priorities are increases the energy, creativity, and focus on what you're doing as a whole. Try to focus with intention on only these priorities rather than letting your day turn into a bunch of to-dos that don't add up to you being your most impactful self! To do that, cut out the activity that makes you busy but doesn't advance your priorities. What can you say no to that will allow you to concentrate your efforts on your most important work? Feel free to print and use this tool we developed at movetoendviolence.org/resources.

Day 20: Put Your Oxygen Mask On First!

Every time we board a plane, flight attendants tell us we must put on our own oxygen mask before attending to anyone around us who might require assistance. We know that we can't reliably show up for others if we haven't taken care of ourselves first. The same applies in this work. While we may be able to keep driving forward by sheer force of will without practicing self-care, we are simply not bringing our most powerful selves to the effort. To stay in this for the long haul, stay open to possibilities, cultivate our creativity **and have the greatest impact possible**, we need to take care of our most essential resource: ourselves.



Today's Challenge

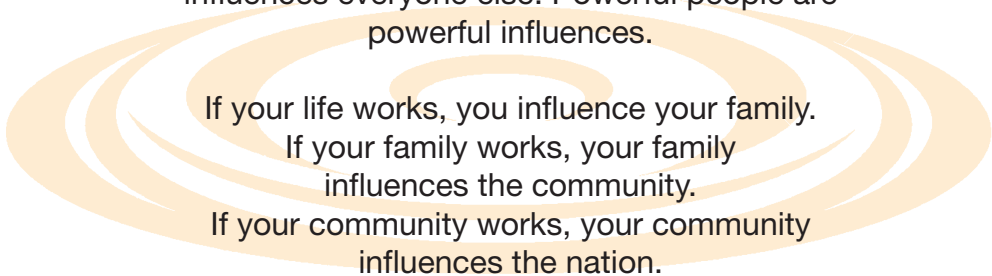
Read this piece about the ripple effect out loud. Think about the people in your family, community, and beyond that you could affect by being a more impactful you through self-care. Reflect on what this looks and feels like to you.

The Ripple Effect

Do you want to be a positive influence in the world? First, get your own life in order. Ground yourself in the single principle so that your behavior is wholesome and effective.

If you do that, you will earn respect and be a powerful influence.

Your behavior influences others through a ripple effect. A ripple effect works because everyone influences everyone else. Powerful people are powerful influences.



If your life works, you influence your family.

If your family works, your family influences the community.

If your community works, your community influences the nation.

If your nation works, your nation influences the world.

If your world works, the ripple effect spreads throughout the cosmos.

Remember that your influence begins with you and ripples outward. So be sure that your influence is both potent and wholesome.

How do I know that this works?

All growth spreads outward from a fertile and potent nucleus. You are a nucleus.

—Dr. Elaine Millam

Day 21: You Did It!

Congratulations! You practiced self-care! Our movement is a little bit more badass today because you practiced showing up as your most powerful self.

Over the past 21 days, we hope you became aware of the habits that sabotage your self-care and intentionally created new practices that allow you to be your most strategic, creative, and impactful self. We hope you recognized that the choice we have to make is not **WHETHER** to take care of ourselves or change the world. The choice we have to make is to take care of ourselves **SO THAT WE ARE POWERFUL** enough to create the world we want to see.

Self-care is not something we do when we are beyond depleted (that's recovery). Self-Care for impact needs to be in every moment. In the breathing, hydration, spaciousness, and more that we have been and must continue to cultivate every. single. day.

We thank you for joining us in this challenge and hope you discovered one new practice that you will carry on tomorrow. We wish to express our deepest appreciation to our amazing faculty member, [Norma Wong](#), who has been such an important source for our learning and inspiration on self-care for sustainability and impact.



Today's Challenge

Take time to celebrate how far you've come by reflecting on how participating in this challenge impacted your work, your relationships, and **you**. Commit to one practice that you will continue to cultivate tomorrow. Write a note and send us a selfie of you after 21 days of self-care!

Deepen Your Practice

Write a letter to yourself about what hopes you have for yourself in the wake of this challenge. Put it in a self-addressed stamped envelope and ask a trusted friend to drop it in the mail in about a month.

Tips & Resources for Coping with Social Distancing

Parents,

You're probably doing more with less help and support than you normally would, so please have realistic expectations for yourselves & focus on what you can control.

You are not alone and your feelings regarding this situation are valid.

Below are some suggestions for how to navigate staying home with your family while also continuing to provide some educational stimuli for your children. **Remember to give yourself grace and have realistic expectations for yourself and your family.**

- Embrace your religious, spiritual and cultural proverbs. Our attitude and perspective can impact how we parent and how we feel as a whole.

<https://www.bbc.com/worklife/article/20161117-we-need-proverbs-because-they-reflect-who-we-are>

<https://medium.com/@socialengtuto/importance-of-proverbs-with-meaning-and-usage-c29517a9d888>

- Find the silver lining and allow yourself to do some of the things you have been wanting to do.

https://www.youtube.com/watch?v=_XLY_XXBQWE

https://ggia.berkeley.edu/practice/finding_silver_linings

<https://www.psychologytoday.com/us/blog/theory-knowledge/202003/the-pandemic-s-silver-linings-playbook>

- Having everyone home can make space & quiet a commodity. Finding 15 mins to meditate can be powerful during this time and can help quiet your mind. Very impactful when done first thing in the morning or right before bedtime.

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?language=en

-Liberate Meditation App- Free meditation app by people of color

-Smiling Mind App- Free meditation app with programs for all ages

-Deep Sleep Music: Stress Relief, Meditation Music

<https://www.facebook.com/MeditationRelaxationMusic/videos/deep-sleeping-music-stress-relief-meditation-music-relaxing/1896992257237535/>

- Maintain daily structure and nighttime routines as much as possible for you and your children.

<https://www.cdc.gov/parents/essentials/structure/index.html>

<https://www.pbisworld.com/tier-1/more-structured-routines/>

Tips & Resources for Coping with Social Distancing

Children

- Children may have questions about coronavirus. Take some time to explain what is happening around them. Use age appropriate language and don't instill fear but rather emphasize that we all have a small part in ensuring we stay healthy.
https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR2MikHvsl2GN9oYtbmMSYvucro6lrpDFBtNGJ6qIZn0ICphSEb9kUzNtuU>
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- Similar to adults, school aged children are mourning the loss of their social connection and changes in routines. Your younger children (non-school age) might also be impacted by the change in routines. Schedule virtual play dates with family and with their friends. Have adult family members virtually read books.
- The sudden onset of simultaneous changes to their daily routines can create uncertainty, trigger feelings of sadness, fear, anger and anxiety. Sometimes there is a regression to previous behaviors or an increase of attention seeking behaviors. While some may seem oblivious to the global impact of coronavirus, they are trying to integrate it's impact (e.g., school is closed, classes may be online, parents not working or parents working from home possibly without additional childcare, etc). Normalize and validate their emotions.
<https://brooklynletters.com/validating-childs-emotions/>
<https://www.psychbytes.com/validate-your-childs-feelings-and-emotions/>
<https://emotioncoaching.ca/emotions-are-meant-to-be-labelled-and-never-dismissed-c9ce208f0877>
- Non-educational screen time may be unavoidable during this time. Try showing movies/TV shows with minimal tension/conflict. With increased screen time there might be general behavioral changes and an increase in negative behaviors therefore monitor what your children watch.

<https://www.healthychildren.org/English/family-life/Media/Pages/Virtual-Violence-Impacts-Childrens-Behavior.aspx>

<https://www.commonsensemedia.org/tv-lists>

Tips & Resources for Coping with Social Distancing

- Encourage activities that do not involve screen time (e.g., pass down cultural/family traditions, 'talk story' share culture specific stories/history, bake, puzzles, arts and crafts, gardening & playing outside).

https://www.youtube.com/watch?v=H_O1brYwdSY

<https://www.greatschools.org/gk/worksheets/?fbclid=IwAR1VEvL9y92oHZTaRRWyPg7Z9dihhf66-nQ7bLFUXjkoRI-ckV6izl58zYg>

[https://www.ehow.com/way_5484767_homemade-butterfly-feeder.html?](https://www.ehow.com/way_5484767_homemade-butterfly-feeder.html?fbclid=IwAR1vsQfyRSXddRpyHSMIV6y1GYoCo9IK0r9rmDbrcCytXMAYQKxDIT6knmw)

[fbclid=IwAR1vsQfyRSXddRpyHSMIV6y1GYoCo9IK0r9rmDbrcCytXMAYQKxDIT6knmw](https://www.ehow.com/way_5484767_homemade-butterfly-feeder.html?fbclid=IwAR1vsQfyRSXddRpyHSMIV6y1GYoCo9IK0r9rmDbrcCytXMAYQKxDIT6knmw)

<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>

- Engage in religious and/or spiritual activities together. Your church or religious institution may be streaming services. If it is, try to engage in those services as a family during a time that makes the most sense for you and your family. You can also engage in a gratitude exercise with your children.

<https://sunshine-parenting.com/a-grateful-family-is-a-happy-family-5-practices/>

<https://positivepsychology.com/gratitude-exercises/>

https://greatergood.berkeley.edu/article/item/seven_ways_to_foster_gratitude_in_kids

- Encourage exercise by doing it as a family. Children need to burn off energy and doing it together will help the whole family be healthy and in good spirits. Exercise outside and/or in nature.

[https://preschoolinspirations.com/kid-yoga-videos/?](https://preschoolinspirations.com/kid-yoga-videos/?fbclid=IwAR10_jTv8tAOrAWhipfhr8vSJlHvjRj0b0oluh4sAYOP5f77s-0oOprEfmQ)

[fbclid=IwAR10_jTv8tAOrAWhipfhr8vSJlHvjRj0b0oluh4sAYOP5f77s-0oOprEfmQ](https://preschoolinspirations.com/kid-yoga-videos/?fbclid=IwAR10_jTv8tAOrAWhipfhr8vSJlHvjRj0b0oluh4sAYOP5f77s-0oOprEfmQ)

<https://www.youtube.com/watch?v=1dcLZay0zF0>

<https://family.gonoodle.com>

- Check in with your child every few days and offer understanding while also instilling realistic expectations for the next few weeks while we are responding to this pandemic.

<https://www.stitcher.com/podcast/better-mental-health-for-kids-and-parents/e/66321608>

- If you feel uncontrollable anxiety or feelings of depression, seek professional help.

<https://www.theopendoorcenter.org>

<https://www.opencounseling.com>

Consejos y recursos para afrontar el alejamiento social

Padres,

Tal vez se esta enfrentando con menos ayuda y apoyo en comparación al que típicamente tiene, así que por favor, tenga expectativas realistas para usted mismo(a) y enfóquese en lo que puede controlar. No esta solo(a), y sus sentimientos respecto a la situación son validos.

A continuación se presentan algunas sugerencias sobre cómo navegar el quedarse en casa con su familia y a la vez seguir brindando algunos estímulos educativos.

No se le olvide de ser paciente consigo mismo(a) y mantenga expectativas realistas para usted y su familia.

- Incorpore sus refranes y dichos religiosos, espirituales y culturales. Nuestra actitud y perspectiva puede impactar como nos sentimos y como somos como padres.

<http://www.annu-berek.com/los-beneficios-de-los-refranes-en-la-escuela/>

<https://blog.bosquedefantasias.com/noticias/importancia-refranes-origen-significado>

- Encuentre el lado positivo y permítase hacer algunas de esas cosas que siempre ha querido hacer.

<https://www.youtube.com/watch?v=uhZzB5hid6M>

<https://www.youtube.com/watch?v=1BEN-mO11uU>

<https://www.entrepreneur.com/article/293635>

- Tener a todos en casa puede hacer que la idea de que un espacio tranquilo sea un lujo. La meditación puede ser poderosa durante este tiempo. Encuentre 15 minutos para meditar y calmar su mente. El meditar primeramente en la mañana o antes de dormir tiene un gran impacto.

https://www.youtube.com/watch?v=l6LYrxB_F0o

<https://www.youtube.com/watch?v=a9fBwDihz5c>

<https://www.uclahealth.org/marc/mindful-meditations>

-UCLA Mindful- aplicación de celular gratuita con meditaciones en ingles y español

- Mantenga la estructura diaria y las rutinas nocturnas tanto como sea posible para usted y sus hijos.

<https://consaludmental.org/sala-prensa/actualidad/autocuidado-rutinas-ejercicio-aislamiento-coronavirus/>

<https://www.elnuevodia.com/estilosdevida/saludyejercicios/nota/neurocientificoexplicacomolarutinaduranteelaislamientoayudaaprotegerlasaludmental-2554403/>

Consejos y recursos para afrontar el alejamiento social

Niño(a)s

- Los niños pueden tener preguntas sobre el coronavirus. Tome el tiempo para explicarles lo que sucede a su alrededor. Recuerde usar un lenguaje apropiado para su edad y no inculcar miedo, sino que todos tenemos una pequeña parte para mantenernos saludables.

[https://660919d3-b85b-43c3-a3ad-](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_ef31d8e608fd4b528eae3132b67a445e.pdf)

[3de6a9d37099.filesusr.com/ugd/64c685_ef31d8e608fd4b528eae3132b67a445e.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_ef31d8e608fd4b528eae3132b67a445e.pdf)

https://drive.google.com/file/d/14j_o65fPKYABQfs8PZGQGs6lJm3b7XNB/view?usp=sharing

<https://news.un.org/es/story/2020/03/1471422>

- Al igual que los adultos, los niños en edad escolar lamentan la pérdida de su conexión social y los cambios en las rutinas. Sus hijos más pequeños también podrían verse afectados por el cambio en las rutinas. Programe citas de juegos virtuales con familiares y amigos.
- Los varios cambios repentinos a su rutina diaria pueden crear incertidumbre, desencadenar tristeza, coraje y angustia. A veces puede haber una regresión en los comportamientos o un aumento de los comportamientos de búsqueda de atención. Aunque parezcan ajenos al impacto global del coronavirus, están tratando de integrar el impacto (e.g., la escuela está cerrada, las clases pueden ser virtuales, los padres no trabajan o los padres trabajan desde el hogar y posiblemente sin ayuda para el cuidado de niños, etc.). Es importante normalizar y validar sus emociones.

https://es.theepochtimes.com/6-frases-para-ayudar-el-desarrollo-emocional-de-su-hijo_626313.html

<https://crearsalud.org/la-importancia-de-reconocer-e-identificar-nuestras-emociones/>

<https://evajuanatey.com/2020/01/13/normalizar-emociones/>

- Tiempo de pantalla que no es educativo puede ser inevitable durante este tiempo. Trate de usar películas y programas de televisión con mínima tensión y conflictos. Con el aumento del tiempo de pantalla, puede haber un cambio en comportamiento o de comportamiento negativo, por lo tanto, supervise lo que ven sus hijos.

<https://www.healthychildren.org/Spanish/news/Paginas/Virtual-Violence-Impacts-Children-on-Multiple-Levels.aspx>

<https://saposyprincesas.elmundo.es/cine-ninos/series/las-mejores-series-de-netflix-para-ninos/>

Consejos y recursos para afrontar el alejamiento social

- Promueva actividades que no impliquen tiempo frente a la pantalla (e.g., enseñar tradiciones culturales/familiares, contar cuentos o leyendas pre-hispánicas, hornear, rompecabezas, artes y manualidades, jardinería y jugar al aire libre).

<https://www.iatiseguros.com/blog/coronavirus-10-actividades-para-hacer-con-los-ninos-en-casa-durante-el-aislamiento-preventivo-por-el-covid-19/>

<https://elpais.com/sociedad/2020-03-23/quedarse-en-casa-con-hijos-ohhmmm-la-cuarentena-se-alarga-disena-un-monstruo.html>

- Participen en actividades espirituales juntos. Su iglesia o institución religiosa puede estar transmitiendo servicios virtualmente. Si es así, intente participar en esos servicios como familia durante un horario que funcione para los miembros de su familia. También puede participar en un ejercicio de gratitud con sus hijos.

<https://www.lavidapositiva.com/ejercicios-gratitud-cambiaran-tu-vida/>

https://www.youtube.com/watch?v=GMT_NkEKP7I

https://www.youtube.com/watch?v=fRBD80Q_nBs

- Promueva el ejercicio, haciéndolo en familia. Los niño/as necesitan quemar energía y el ejercicio ayudara a que toda la familia se mantenga saludable y con ánimo. Hagan ejercicio afuera y/o en la naturaleza.

<https://www.youtube.com/watch?v=K41IG7DyuQU>

https://www.who.int/dietphysicalactivity/factsheet_young_people/es/

<https://family.gonoodle.com>

- Cada un par de días hable e inculque a sus hijos expectativas realistas para las próximas semanas mientras estamos respondiendo a esta pandemia. Ofrézcale comprensión y validez a su hijo durante estas platicas.

<https://cuidateplus.marca.com/familia/nino/2001/05/17/papel-padre-influir-salud-mental-hijo-9432.html>

<https://cutt.ly/etmXiFw>

- Si siente ansiedad incontrolable o sentimientos de depresión, busque ayuda profesional.

<https://www.theopendoorcenter.org>

<http://esp.casadelafamilia.org/portada.html>