

COVID-19 RESPONSE

THANK
YOU

We Appreciate You!

color-me calm





SELF-CARE & STRESS RELIEF

color-me calm

sing



send a note



practice the 5 senses exercise



make a list of why you do what you do

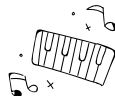


visit with a friend



ask for help

dance



put a personal picture at work



find a smell that makes you smile



drink plenty of water each day



laugh

call a friend



take a photo of one beautiful thing a day



get 8 hours of sleep



stretch twice a day

create a self-care squad



go for a walk

allow yourself to daydream



practice relaxation, breathing or yoga exercises



Source: SelfCare Psychology

a personal note



MY WHY

Knowing your why is important to maintaining your motivation.
Help to refocus and realign by making a list of why you do the job that you do.

*Cut this out and post it on your laptop, the sun visor in your car, or
somewhere you can see it often as a reminder!*



I AM GREAT AT MY JOB



because I am...



REMARKABLE BRAVE INVALUABLE INSPIRING

ADAPTABLE CARING PRACTICAL _____



What I really could use right now is...

Happy Vibes A walk A phone call _____

“

Too often we underestimate the power of...
a smile, a kind word, a listening ear, an
honest accomplishment or the smallest act of
caring, all of which have the potential to
turn a life around.

- *Leo Buscalgia*