Self-care and Staff Support Resources

- From the CDC- Things you can do to support yourself:

  - **Take breaks from watching, reading, or listening to news** stories and social media. Hearing about the pandemic repeatedly can be upsetting.
  - **Take care of your body**. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
  - **Make time to unwind**. Try to do some other activities you enjoy.
  - **Connect with others**. Talk with people you trust about your concerns and how you are feeling.
  - **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.
  - **If you, or someone you care about, are feeling overwhelmed** with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call
    - 211Maine help line (or other recommendation)
    - Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

- Putting the Self back in Self-Care: Wellness in the time of COVID-19
  https://www.youtube.com/watch?v=t46T79W-UdM

- NAMI- How to Manage Your Mental Health When Feeling Stressed during COVID-19
  https://www.mentalhealthfirstaid.org/2020/04/how-to-manage-your-mental-health-when-feeling-stressed-during-covid-19/

- Self-care tips during the COVID-19 pandemic from the Mayo Clinic-
  https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/self-care-tips-during-the-covid-19-pandemic

- APA- Supporting Employee Mental Health when Re-opening the Workplace
  https://www.apa.org/topics/covid-19/employee-mental-health

- How to Respond to Coronavirus Racism (esp. Xenophobia against Asians)
  https://www.tolerance.org/magazine/how-to-respond-to-coronavirus-racism