

— Take Care Of Your Team —

Self-care strategies during a stressful time.

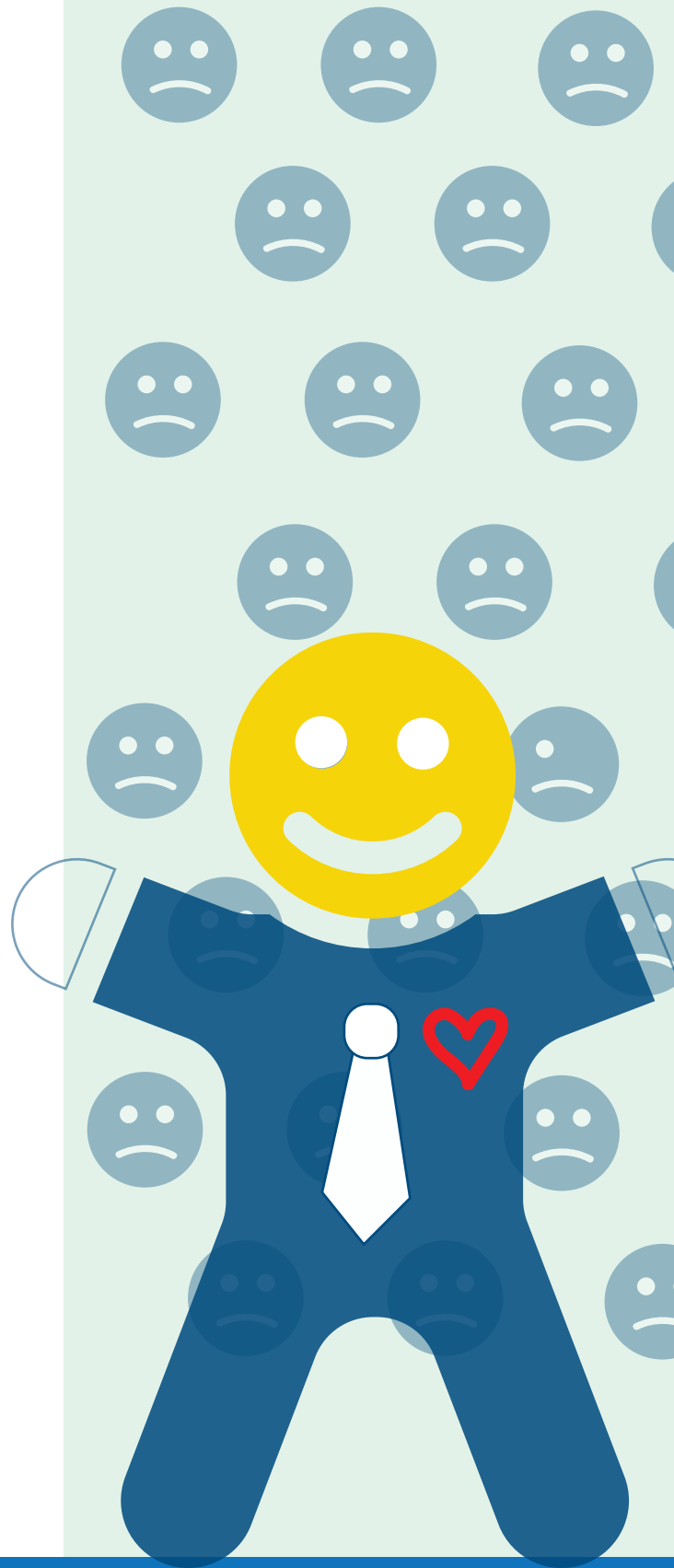
6 tips for physical health during a stressful time:

1. Get enough sleep.
2. Participate in regular physical activity.
3. Eat healthy.
Limit caffeine as it can aggravate stress and anxiety.
4. Avoid tobacco, alcohol and drugs.
5. Limit screen time.
6. Relax and recharge.
Set aside time for yourself.

6 tips for emotional health during a stressful time:

1. Keep or establish your regular routine.
This predictability can make you feel more in control.
2. Limit exposure to news media about COVID-19.
3. Stay busy.
Doing something positive to manage anxiety is a healthy coping strategy.
4. Focus on positive thoughts.
Accept changes as they occur and try to keep problems in perspective.
5. Make connections with others, even if virtual.
6. Do something for others.
Find purpose in helping the people around you.

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>



For more information regarding HR policies during the COVID-19 crisis, or other HR needs, contact MyHRConcierge at 1-855-538-6947 x.108 or email ccooley@myhrconcierge.com.

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