Physical distancing has been challenging, especially for those who have become isolated from family, friends, and community. As the pandemic continues, now is the time to practice self-care strategies.

- **Gratitude.** Try keeping a gratitude journal. Write down and remind yourself of the things you are grateful for.
- **Set up a worry window.** When you find yourself getting stuck on worrying, give yourself permission to think about them during a specific time.
- **Take breaks.** Managing your brain during the pandemic can mean internally arguing against yourself by imagining the least catastrophic interpretation.
- **Be a role-model for others.** When colleagues are overly pessimistic, be optimistic about the situation, even if it means internally arguing against yourself by imagining the least catastrophic interpretation.
- **Use active listening strategies when engaging with others, such as avoiding multi-tasking when engaging with your colleague; clear your mind and focus entirely on what the other person is saying.
- **Demonstrate empathy.** Try to remember that people react differently, and our feelings will no doubt change over time. In the following, we provide a few tips for supporting each other during this pandemic. Remember, for some people these feelings may develop into distress, or negative stress, which can lead to mental and physical problems. In the following, we provide a few tips for supporting each other during this pandemic. Remember, for some people these feelings may develop into distress, or negative stress, which can lead to mental and physical problems.

For example, get up and get dressed as usual. Engage in hobbies. For example, get up and get dressed as usual.

**Connect with others.** If you are part of a faith community, guidance you trust, consult with a professional therapist, doctor, and/or seek spiritual guidance, if necessary. It's common to feel stress during the pandemic. However, for some people these feelings may develop into distress, or negative stress, which can lead to mental and physical problems.

**Managing Your Brain during the Pandemic.** It's common to feel stress during the pandemic. However, for some people these feelings may develop into distress, or negative stress, which can lead to mental and physical problems.

**Healthy and Staying Well.** To support each other during this pandemic, consider:

- Organizing occasional virtual “happy hour.” Using video chat, invite everyone to eat the same food together. Perhaps you have a favorite dessert or party food you’d like to suggest that everyone would enjoy. During this time, avoid talking about stressful topics. Just enjoy each other’s company.
- Sharing a video and/or audio recording of your favorite book. Share with everyone a topic you’ve been wanting to learn more about.
- Check-in regularly with colleagues, using video chat whenever possible, especially for those who are alone.
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**Staying Well.** To support each other during this pandemic, consider:

- Organizing occasional virtual “happy hour.” Using video chat, invite everyone to eat the same food together. Perhaps you have a favorite dessert or party food you’d like to suggest that everyone would enjoy. During this time, avoid talking about stressful topics. Just enjoy each other’s company.
- Sharing a video and/or audio recording of your favorite book. Share with everyone a topic you’ve been wanting to learn more about.
- Check-in regularly with colleagues, using video chat whenever possible, especially for those who are alone.
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**TIPS FOR WORKING REMOTELY DURING THE COVID-19 PANDEMIC.**

- **Stay Healthy.** Perhaps you think it’s too early to panic, but many individuals have been impacted by the pandemic. Take care of your mental health. 

- **Maintain healthy relations.** Have video chats. Ask your colleagues, family, and friends regularly. For example, get up and get dressed as usual. Engage in hobbies. For example, get up and get dressed as usual.
- **Stick to routines or start new ones.** You may want to keep a journal, or use an app, to track your progress.
- **Develop a well-being plan.** For example, get up and get dressed as usual. Engage in hobbies. For example, get up and get dressed as usual.
- **Take breaks.** Managing your brain during the pandemic can mean internally arguing against yourself by imagining the least catastrophic interpretation.
- **Be a role-model for others.** When colleagues are overly pessimistic, be optimistic about the situation, even if it means internally arguing against yourself by imagining the least catastrophic interpretation.
- **Use active listening strategies when engaging with others, such as avoiding multi-tasking when engaging with your colleague; clear your mind and focus entirely on what the other person is saying.
- **Demonstrate empathy.** Try to remember that people react differently, and our feelings will no doubt change over time. In the following, we provide a few tips for supporting each other during this pandemic. Remember, for some people these feelings may develop into distress, or negative stress, which can lead to mental and physical problems.

**TIPS FOR LIVING WELL.**

- **Social_distancing.** Physical distancing can be a challenge, especially if we live alone. Most adults, keep an eye out for:
- **Supporting Each Other.** If you are part of a faith community, guidance you trust, consult with a professional therapist, doctor, and/or seek spiritual guidance, if necessary. It's common to feel stress during the pandemic. However, for some people these feelings may develop into distress, or negative stress, which can lead to mental and physical problems.

**Resources:**

https://www.nytimes.com/guides/smarterliving/be-a-better-listener
https://www.npr.org/2020/02/03/802347757/a-conversation-with-tara-brach
https://www.emergency.cdc.gov/coping/selfcare.asp
https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips