



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SELF-CARE DURING COVID-19

As we all navigate COVID-19 together we wanted to provide some steps you can take to improve your wellbeing with a focus on self-care. We have also included a list of resources for your review.

YMCA RESOURCES

We put together a Tampa YMCA Employee Resource Portal to help answer any questions and provide helpful resources. You can access the portal here: tampaymca.org/employee-resources. Bookmark this site and we will continue to update.

On this site, you will also see a link to the Employee Relief Fund. This fund is intended to provide employees access to financial resources to support immediate needs such as primary housing, food, medical and transportation. To apply for funds, [download this PDF and submit completed form](#) to erf@tampaymca.org and we will process the request. All requests for funding will be responded to within one week.

This is an extremely stressful time for all of us. Our Employee Assistance Program is designed to provide confidential assistance to all our Y employees. Feel free to contact the free BayCare resource at 1-800-878-5470 or BayCareEAP@baycare.org.

INCREASE YOUR SENSE OF SAFETY

The Centers for Disease Control and Prevention (CDC) and other experts suggest the following good hygiene habits to limit the risk of infection:

- Wash hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Properly dispose of used tissues.
- Cough or sneeze into your upper sleeve, arm, or elbow if you don't have a tissue.
- Clean your hands after coughing or sneezing.
- Stay at home if you are sick and avoid contact with those who are sick.
- Clean and disinfect objects or surfaces that may have come into contact with germs.
- Make plans for what will happen if you or someone in the home becomes ill

STAY CONNECTED

- Seek support from family, friends, mentors, clergy, and those who are in similar circumstances.
- Be flexible and creative in accessing support via phone, email, text messaging, and video calls.
- Talk to your supervisor and ask questions.

CULTIVATE WAYS TO BE MORE CALM

- If you find that you are getting more stressed by watching the news, reduce your exposure, particularly prior to sleep.
- While circumstances may be stressful and beyond your control, you can try to offset them with positive calming activities. Practice slow, steady breathing and muscle relaxation, as well as any other actions that are calming for you (yoga, exercise, music, keeping the mind occupied).
- Preparing for a range of possible scenarios and having adequate supplies. For instance, you can put together a kit with supplies to last you and your family. Include supplies such as:
 - Water, food, vitamins, fluids with electrolytes, and food preparation items like a manual can opener.
 - Prescribed medical supplies or equipment, such as glucose or blood pressure monitoring equipment; thermometer; medicines for fever, such as acetaminophen or ibuprofen; anti-diarrheal medication.
 - Hygiene supplies such as soap and water, alcohol-based hand wash, soap, tissues, toilet paper, and disposable diapers if necessary.
 - General supplies such as a flashlight and batteries, portable radio, and garbage bags.

IMPROVE YOUR SENSE OF CONTROL AND ABILITY TO ENDURE

- Accept circumstances that cannot be changed and focus on what you can alter.
- Modify your definition of a “good day” to meet the current reality of the situation.
- Problem-solve and set achievable goals within the new circumstances in your life.
- Those who have been faced with life-threatening situations recommended the following strategies:
 - Quickly recognize, acknowledge, and accept the reality of the situation.
 - Make a plan for dealing with feelings of being overwhelmed or overly distressed. Preparation can make you feel more in control if these feelings arise and help you move through them quickly.
 - Combat unhelpful emotions by staying busy---both mentally and physically.
 - Increase positive coping behaviors that have worked in the past.
 - Shift negative self-statements to statements that allow you to function with less distress. Try changing “this is a terrible time” to “this is a terrible time, but I can get through this.” Rather than getting discouraged, focus on what you can accomplish or control.
 - Seek out mentoring or information to improve your ability to make decisions and take actions when necessary.

REMAIN HOPEFUL

- Look for opportunities to practice being more patient or kind with yourself, or to see the situation as an opportunity to learn or build strengths.
- Consider the stressful situation in a broader context and keep a long-term perspective.
- Celebrate successes, find things to be grateful about, and take satisfaction in completing tasks, even small ones.
- Give yourself small breaks from the stress of the situation by doing something you enjoy.

MORE RESOURCES

[Leaning into Social Emotional Learning Amid the COVID-19 Crisis](#)

[Managing Anxiety Around COVID-19 – Yale Center for Emotional Intelligence Webinar](#)

[Managing Anxiety Around COVID-19 Article](#)

[Social and Emotional Learning Resources for Educators, Parents, and Children Regarding COVID-19](#)