Some personal thoughts that have kept me grounded during this crisis:

1) What we do for work is critically important to the kids, families and for the community at large.

2) Having meaningful and impactful work right now helps me to feel a sense of purpose and helps me to organize my day. Always remember that doing this work takes great courage.

3) We are a part of something greater than ourselves and our choices reverberate throughout the community.

4) Staying informed is important; overloading myself with information is overwhelming and adds to a sense of helplessness. Limit my time looking at the news and don’t go down the social media wormhole.

5) Take lots of deep breaths and remember to treat those around me with dignity and respect, it has never been truer that the quality of our lives is directly in proportion to the quality of our relationships.

6) How have you personally been managing your stress and taking care of yourself and those around you?

Website with helpful mental health guidance:

https://mystrength.com/ Password: jhcommunity

Article on anxiety management:

[https://thriveglobal.com/stories/simple-science-backed-tips-to-ease-your-anxiety-today/](about:blank)

Article on helpful self-care tips:

[https://www.travelandleisure.com/travel-tips/coronavirus-self-quarantine-tips](about:blank)

Article on limiting media time:

[https://www.ottawamatters.com/local-news/one-day-at-a-time-and-limit-media-exposure-ottawa-social-worker-on-coping-with-isolation-2183871](about:blank)

NASW website links to mental health resources: [https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus/Self-Care-During-the-Coronavirus-Pandemic](about:blank)