



Employee Update – April 10, 2020

The Office of Human Resources Management (OHRM) will issue periodic updates to Prince George’s County Government employees during the reduction in government operations and the Coronavirus Disease 2019 (COVID-19) pandemic. In each *Employee Update*, you’ll find information and tips from OHRM, the latest COVID-19 information, and additional tips to support you.

Keep Informed:

Employee Info from Human Resources	County Updates on COVID-19	Tweets from the County Executive	Tips and Info for Working Remotely
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3 Things You Should Know About:

Creating a Self-Care Strategy in Uncertain Times



1

Let’s get physical.

Whether you’re dealing with a personal crisis or a global pandemic, it’s important to remember that self-care is critical to maintaining a positive routine and can help reduce stress and anxiety.

What are you doing to maintain or improve your current physical state?

- **Start small** – nurture yourself by doing something calming and relaxing. Deep breathing, meditation and progressive relaxation can help you de-stress. By simply doing activities that you enjoy, you can release some tension.
- **Don’t stop** – if you normally run 5 or 10 miles a day or workout multiple times a week at the gym, it will be hard—and in some cases impossible—to keep this up while in quarantine or self-isolation. However, don’t give up. Set new goals and find new ways to reach your exercise objectives. Try a daily, weekly, or monthly challenge to keep your momentum.
- **Rest well** – be sure that you’re getting enough sleep to feel rested.

2

Get your head in the game.

What are you doing to maintain or improve your current mental state?

- **Find a new focus** – give your thoughts a break from focusing on the ***what-ifs*** that scare you. Concentrate on the here and now, the needs of your loved ones and colleagues, activities that you enjoy, and the practical things you need to get done.
- **Can we talk?** – we are not alone in this situation. Pick up the phone or send someone a quick email or text to let them know how you are doing and find out how they're doing. Here's a tip: self-statements such as "I can handle this uncertainty" help you feel more in control.

3

Feel what you need to feel.

What are you doing to maintain or improve your current emotional state?

- **Need to recharge? Do it.** – if you normally require some down time—or alone time—be sure to incorporate that into your self-care strategy. You may need to adjust your activities or the amount of time that you can spend alone, but do what you need to do to recharge your personal battery.
- **Laugh and cry on-demand** – while we don't want you to become a *couch potato*, if you're feeling blue (or super bored), watch a movie that will distract and engage you. Pick something that matches your mood or that will elevate your attitude. Give yourself what you need to feel what you need to feel.

Looking for a pleasant distraction today? Look no further. The following distractions were provided by your colleagues and the team behind your employee wellness program, [Level Up](#).

- **LISTEN: *Breathe Deeper* by Tame Impala** ([YouTube](#))
Submitted by Donnell Richardson, Soil Conservation District
- **WATCH: Andrew Lloyd Webber musicals free for a limited time from The Shows Must Go On** ([YouTube](#))
- **DO: Check out this app to improve sleep, reduce anxiety, and manage stress** ([Link](#))
Submitted by Donnell Richardson, Soil Conservation District

Recommend a daily distraction (e.g., activity, song or playlist, or anything to make your day a little better) and we'll give you credit and a wellness prize [Email us your daily distraction](#).

**Your Daily
Distraction**
from
Level Up

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