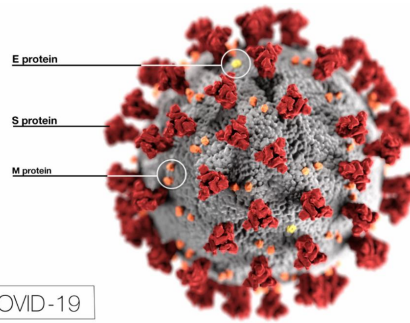




READY SET GO

WORLD CARES CENTER UPDATE



COVID-19



Resiliency

Resiliency is not a trait we inherit. It is a combination of behavior, thoughts, actions, experiences and support mechanisms.

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Stress Domains

Everyone reacts differently to stressful situations. The impact of an emergency on a person can depend on the person's characteristics and experiences, the social and economic circumstances of the person and their community, and the availability of local resources. We have 4 stress domains:

- **Cognitive:** The way we think
- **Emotional:** Our instinctual reaction
- **Physical:** Body aches, pains, or energy
- **Social:** The way we interact with others

Cognitive:

- Take a moment to think about how you think or process what is going on
- If worrying is making you feel depressed, tired or agitated try and change your perspective
- Focus on some of the positive like reconnecting with yourself or family
- Focus on tasks you can accomplish
- Keep thing in perspective

Emotional:

- Take a moment to think about how you naturally react and think about situations
- Are you a worrier?
- Are you angry?
- Are you carefree?
- All qualities maybe be appropriate at certain times, however pay attention to see if any of these instincts may be inappropriate or taking over

Physical:

- Pay attention to what your body is telling you
- At times your will physical feel stress in your body before your mind processes it cognitively
- Take a moment to feel if there are any physical signs of stress

Social:

- Some people may need to take solace when they are under stress and pull away from social gathering
- Others may seek connection
- For those that require social interaction these time may be challenging, here are some ideas:

1. *Write letters*
2. *Skype*
3. *Facebook*
4. *Call*
5. *Whatsap*
6. *Take on a project that has been on the shelf*
7. *Find alternative ways to be social*

Helpful Measures

Boosting your Immune System

The immune system is a complex network of cells, organs and tissues that work in tandem to protect the body from infection.

While genetics play a role, studies show the strength of our immune system is largely determined by non-heritable factors.

The germs we are exposed to over a lifetime, as well as lifestyle factors like stress, sleep, diet and exercise all play a role in the strength of our immune response.

There is no magic solution to bolster your immune system and protect you

from the new coronavirus.

But there are real ways you can take care of yourself and give your immune system the best chance to do its job against a respiratory illness:

- Improve your sleep habits
- Check your Vitamin D levels
- Avoid excessive alcohol consumption
- Eat a balanced diet and skip unproven supplements
- Exercise
- Lower your stress!
- The Basics

Improve your sleep habits

Research shows:

- Short sleepers — those who regularly slept less than six hours a night were 4.2 times more likely to catch the cold compared with those who got more than seven hours of sleep
- The risk was even higher when a person slept less than five hours a night.

Eat a balanced diet and skip unproven supplements

- Eat healthy, balanced meals
- Eat a breakfast with protein to keep your blood sugar steady throughout the day
- Eat complex carbohydrates which are thought to increase serotonin in your brain which has a calming effect
- Drink plenty of water
- Limit alcohol
- Limit caffeine
- Pay attention to how YOU react to certain foods
- Check Vitamin D levels

Exercise

- Reduce stress levels: exercise can help to reduce your cortisol levels.
- Reduce Anxiety: When you exercise your brain releases endorphins which can help you to calm down.
- Reduce risk of depression: Exercise can help to improve your mood.
- Improve social well being: Whilst exercising, you can meet new people and develop more friendships.
- Increase self-esteem: As you become faster, fitter and stronger you start to improve your self confidence.
- Boost brain power: Exercise can help to improve cognitive functioning

including decisions making and learning.

Put yourself on a Press Diet

- Stop following or interacting with anyone or any sites that agitate you
- Before reading anything decide if it is a credible sources, relevant and helpful
- Avoid going online first thing in the morning or last thing at night before bed
- Set a schedule that includes when and for how long you will be on social media or watch the news
- Chang it up! Read a book and have thoughtful discussions about what you have learned
- Spend more time engaging with friends and family
- Complete that Honey-Do list!

Lower your stress

- Avoid stressful situations when possible
- Avoid Extremes
- Change how you react
- Change how you see the situation
- Set Priorities
- Manage exposure to press and social media
- Choose a trusted source
- Take control, manage expectations
- Figure out what's important
- Make a plan

The Basic Reminders

- Hand washing
- Do not touch your face
- Avoid contact with sick people
- Eliminate handshaking
- Cough into your elbow
- Avoid touching public surfaces with your bare hands
- Wash your hands frequently
- Follow social distancing rules
- Remember, early studies show:
- You do not have to have symptoms to spread COVID-19

Up-to-date Information

For the latest information, please visit the CDC website at [cdc.gov/covid19](https://www.cdc.gov/covid19)

If you live outside the United States, health and safety tips can be found through the World Health Organization at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

March 16, 2020



*World Cares Center training & protecting
Ready Responders
Since 2001*

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Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"