

Subject: COVID-19 Update - March 28, 2020 - Taking Care of Ourselves
Date: Saturday, March 28, 2020 at 1:25:38 PM Pacific Daylight Time
From: Ernie Baatz
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Attachments: image001.jpg, image002.jpg

Good Afternoon;

Today's updates from the BC Government are here: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/case-counts-press-statements>

Build Your Bubble

The Public Health Officer of Canada has found a new way of describing physical distancing (From New Zealand). This is a great way to conceptualise the zone-of-protection that we all need to have around us - to keep the virus out and keep us safe.



You build your bubble: the safe space around you and your household. Although optimal protection comes when each person has their own separate bubble that is a 2-metre circumference around us, people cohabitating or self-isolating together can make a bubble together.

You protect your bubble: you don't let others into your bubble by keeping your distance and staying home.

You don't burst other people's bubbles: By staying home and keeping your distance, you allow others to stay safe as well.





Taking Transit to Work

Many of our employees rely on transit to get to and from work and wonder how to stay safe while getting to work. Some key considerations:

- The Provincial Health Officer has asked people to stay off transit for non-essential travel. This makes more space on transit for people who need to use transit for essential services.
- Our services, supports to people with disabilities, have been designated as essential by the Provincial Government.
- Translink has increased their cleaning routines for transit vehicles:
 - <https://new.translink.ca/rider-guide/coronavirus-precautions>
- While out in public, either in stores, on sidewalks or on the bus, remember that the virus can be transmitted by droplets on surfaces.
 - Wash your hands after touching commonly touched services.
 - Don't touch your eyes, nose or mouth.

Thank you to all our staff for getting to work to provide these essential services and keeping the people we support and yourselves safe and healthy.

Take the Self-Care Challenge

In the midst of a changing world, we are becoming aware of how much we need to change our lifestyle as well. Many of us are mentally unprepared for such long periods of social isolation so self-care has become increasingly important. Self-care is a practice that encourages us to check-in with ourselves and be mindful of our own needs. But many of us are noticing our typical self-care strategies conflict with current social distancing guidelines.

Starting on April 1st, 2020, we are challenging you to do one thing every day for yourself that aligns with social distancing guidelines. These actions are intended to take no more than a few minutes but will allow you to develop a practice that protects your energy and builds resilience.

You can sign up for the daily tips here:

<https://mailchi.mp/myworkplacehealth/kvovojdncb>

“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”

~ *Maya Angelou*

When you click the link and enter your email address, you will get an email with a link to a [Psychological Health & Resiliency Toolkit](#), that includes tips for taking care of yourself by addressing sleep, breathing, stress, and gratitude.

MyWorkplaceHealth offers a comprehensive suite of services for workplace mental health. We are your go-to Psychological Health & Safety (PH&S) experts, offering a range of clinical, consulting and training services: in-office, at your workplace, and virtually. Our team of expert consultants and counsellors is led by Dr. Joti Samra, R.Psych. - a national thought leader in mental health. Dr. Samra is a highly-regarded expert in psychological health and safety.

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