

Dear Bluebonnet Team,

As this pandemic unfolds, it is important to take care of yourself and continue a work-life balance. The training team is currently working on a training series on social distancing and self-care. These trainings are designed using a trauma-informed lens to support you and the people we serve. These trainings will address:

1. Social distancing vs physical distancing vs self-quarantine
2. Anxiety during this time
3. Alternative self-care ideas
4. How to work from home

In the meantime, please see the following tips from the training team:

1. Breathe. Concentrate on your breathing to bring focus to the current moment, allowing the outside world to become distant.
2. Be aware of your emotions. If they are becoming too much to handle, stop what you're doing and breathe. Work through the emotion and re-center yourself to the here and now.
3. While many of us are working from home:
 - a. Create a safe place to work where you can concentrate
 - b. Set an alarm to take a break
 - c. Create boundaries
 - d. If possible, work in a space where you do not sleep, as it can be hard to sleep somewhere you have been for hours
4. Aim to get at least 8 hours of sleep
5. Exercise and eat healthy

Please keep an eye out for e-mails from the training team with training dates.

Remember: *"The best way to cheer yourself up is to cheer someone else up."* - Mark Twain

Thank you,

The Training Team