



**WELCOME TO
WASHINGTON IMMIGRANT NETWORK
(WIN) VIRTUAL MEETING**



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Z O O M P O L L Q U E S T I O N S



zoom




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ICE-BREAKER EXERCISE

Facilitated by Kim Sauer,
WIN Vice Chair | Program
Manager at WA Liquor
Cannabis Board



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A close-up photograph of a silver and gold pen resting on a piece of paper. The pen is positioned vertically, with its tip pointing upwards. The paper has handwritten text in black ink that reads "Today I am grateful for".

Today I am
grateful for



HOW TO COPE WITH SOCIAL DISTANCING



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Joanne Lee,
WIN Professional Development and
Retention Subcommittee Chair |
Learning Design and Delivery
Professional at Department of Enterprise
Services



DEFINITION

Social distancing means keeping a safe distance (approximately 6 feet) from others and avoiding gathering spaces such as schools, churches, concert halls and public transportation.



PHYSICAL DISTANCING VS SOCIAL DISTANCING

"Physical distancing" is a better term than social distancing. We have to stay socially connected through this. Community building, togetherness, and emotional connections via electronic devices are imperative for our mental health.

(Practice Physical Distancing, Not Social Distancing. Psychology Today, 2020)





WHAT TO EXPECT

Psychologists' research has found that during a period of social distancing, quarantine or isolation, you may experience:

- Fear and anxiety
- Depression and boredom
- Anger, frustration or irritability
- Stigmatization





HOW TO COPE...

- Limit news consumption
- Create and follow a daily routine
- Maintain a healthy lifestyle
- Manage stress and stay positive
- Stay virtually connected with others
- Connect with WIN Mentors
- Contact Employee Assistance Program (EAP)

1. LIMIT NEWS CONSUMPTION

Trusted organizations:

- U.S. Centers for Disease Control and Prevention
- U.S. Substance Abuse and Mental Health Services Administration
- World Health Organization — are ideal sources of information on the virus
- WA State Coronavirus Response (COVID-19)
 - www.coronavirus.wa.gov



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BREAKING

NEWS

2. CREATE AND FOLLOW A DAILY ROUTINE

- Regular daily activities:
 - Work (meetings, conferences, check-ins)
 - Exercise (walk, run, yoga, meditation)
 - Learning (TedTalks, Webinars, LinkedIn Learning)
 - Reading (e-books, audible)
 - Integrate other healthy pastimes as needed
 - Listening to music
 - Listening to Podcasts

3. MAINTAIN A HEALTHY LIFESTYLE

- Get enough sleep
- Eat well
- Exercise
- Listen to music, draw, paint, any artistic activities
- Family time
- Try to avoid:
 - Using alcohol or drugs as a way to cope
 - Excessive time watching TV, listening to news, working afterhours, and smoking.



4. MANAGE STRESS AND STAY POSITIVE

Focus on what you can do and accept the things you can't change:

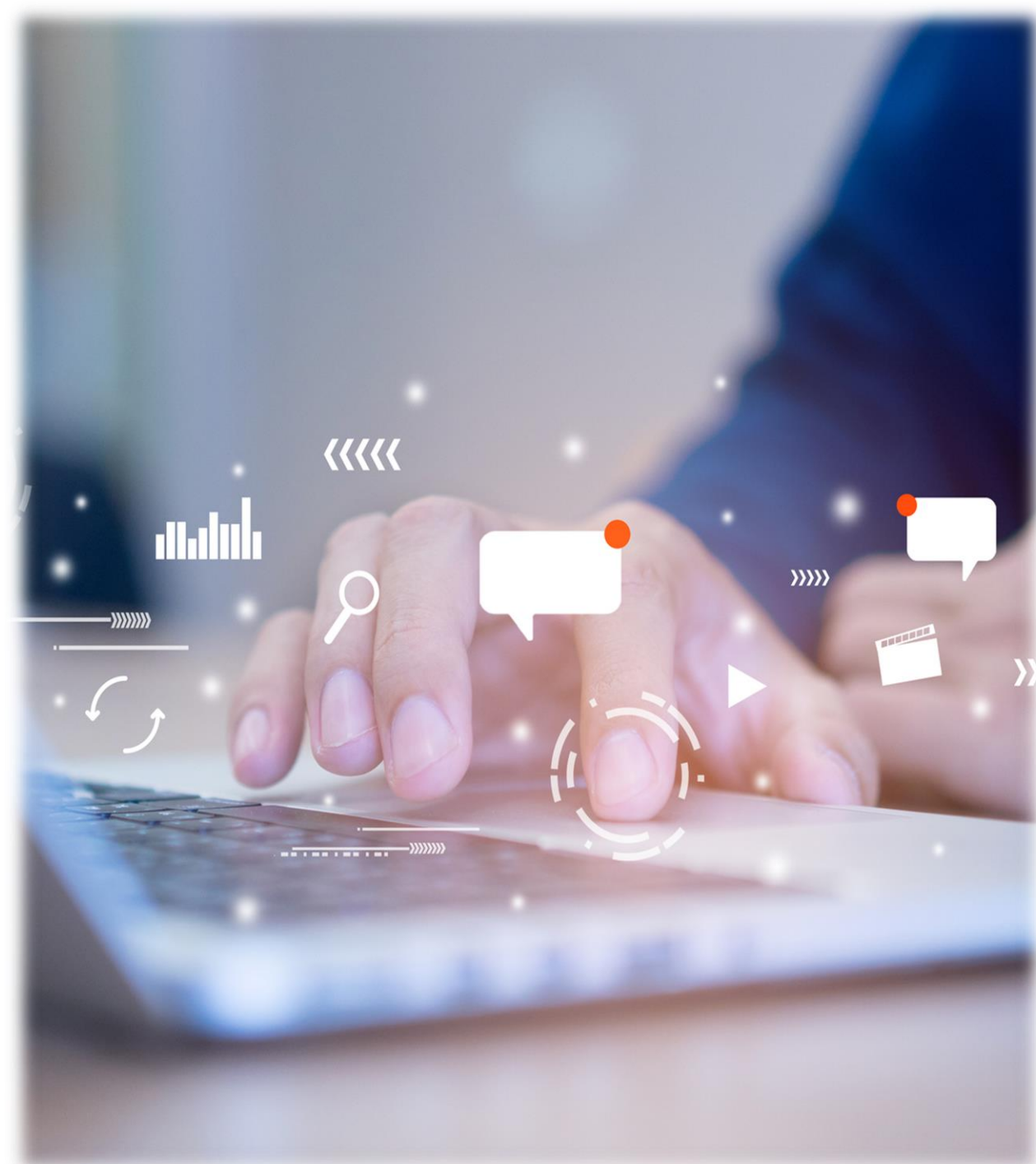
- Daily gratitude journal (*Today I'm grateful for...*)
- Download smartphone applications that deliver mindfulness and relaxation exercises
- YouTube meditation videos (Yoga, Breathing Exercises)

5. STAY VIRTUALLY CONNECTED WITH OTHERS

- Phone calls
- FaceTime
- Webcam
- Text messages
- Video chat
- Social media to access social support networks
 - Facebook groups
 - LinkedIn.com groups



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6. CONNECT WITH WIN MENTORS



<https://www.washingtonimmigrantnetwork.org/mentoring>

7. EMPLOYEE ASSISTANCE PROGRAM

[COVID-19 Resources](#)

[Services for Employees](#)

Frequently asked questions about EAP services

[Services for Supervisors/Human Resources](#)

Supervisor frequently asked questions, guides, and resources

[Work/Life Resources](#)

Legal assistance, financial counseling, and employee support website

[Publications](#)

Download brochures, posters, Tip Sheets, and Frontline newsletters

[Webinars](#)

Live and pre-recorded webinars



WASHINGTON STATE

Statewide Locations

Ph.Toll-free: (877) 313-4455

Olympia

Ph: (360) 407-9490

Fax: (360) 664-0498

Interpreters available. When you call, please state the language you speak and wait while we connect your call to an interpreter.

TTY users: please call via [WA Relay](#) -- call 711

EAP WEBINARS



WASHINGTON STATE



Live webinars

Self-Care with the Washington State EAP

This webinar addresses the emotional impact of the COVID-19 pandemic and offers ideas for self-care and strategies for managing stress and fear.

Monday, April 6, 2020 3:30 p.m.- 4:30 p.m.	Register now
Wednesday, April 8, 2020 9:00 a.m. - 10:00 a.m.	Register now

For Supervisors and Managers: Leading Teams and Supporting Employees through COVID-19

Friday, Apr. 3, 2020 9:00 a.m. - 10:00 a.m.	Register now
Tuesday, April 7, 2020 3:00 p.m. - 4:00 p.m.	Register Now
Thursday, April 9, 2020 10:00 a.m. - 11:00 a.m.	Register now

Working from Home during COVID-19: Coping with the Challenges, Setting Yourself Up for Success

Friday, April 3, 2020 1:00 p.m. - 2:00 p.m.	Full
Tuesday, April 7, 2020 10:00 a.m. - 11:00 a.m.	Register now
Wednesday, April 8, 2020 1:30 p.m.- 2:30 p.m.	Register now

RESOURCES: MENTAL WELLNESS

[Taking Care of Your Mental Health in the Face of Uncertainty](#) (AFSP)

[Manage Anxiety & Stress](#) (CDC)

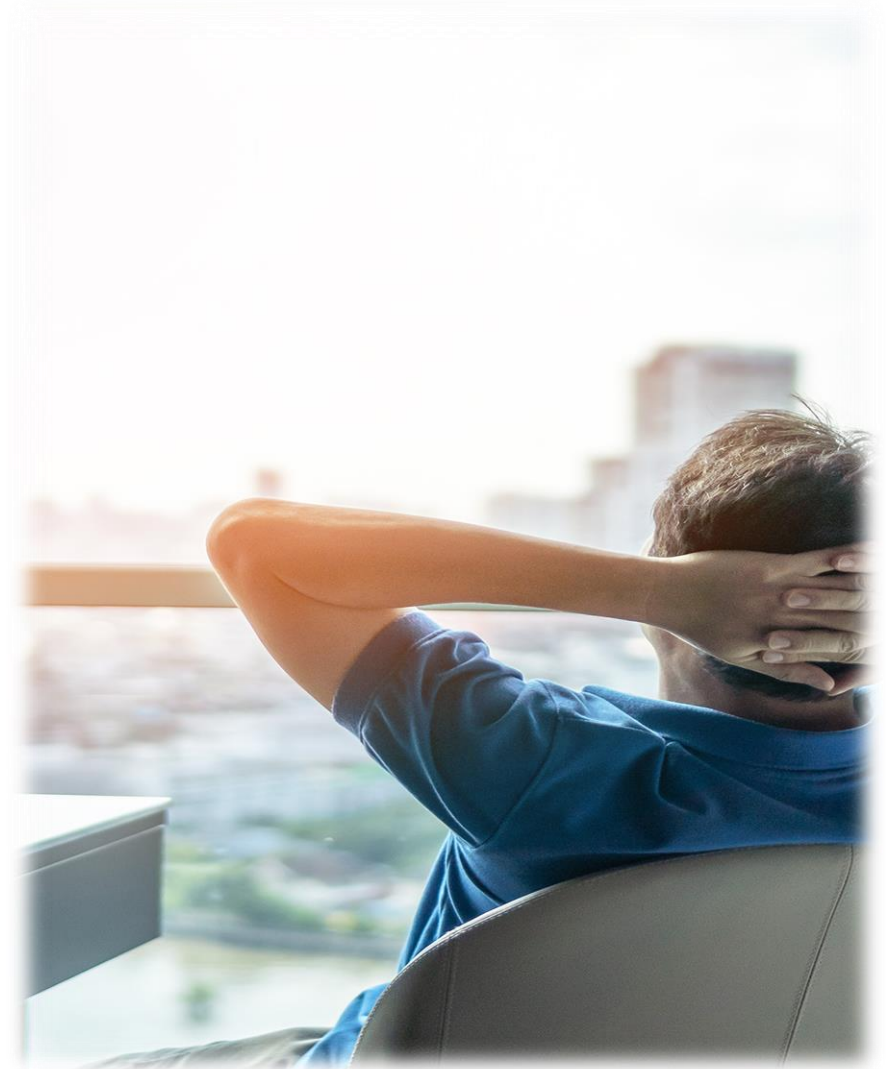
[Emergency Responders: Tips for taking care of yourself](#) (CDC)

[10 Mental Health Tips for Coronavirus Social Distancing](#) (Partners in Health)

[How to Prevent Loneliness in a Time of Social Distancing](#) (Scientific American)

[COVID-19 & Your Mental Health: A Comprehensive Resource Guide](#) (Peak Resilience)

[Managing Anxiety About the Coronavirus](#) (Therapy for Black Girls Podcast)





RESOURCES: FAMILY, COUPLES, AND PARENTING TIPS

[Love in the Time of Coronavirus—6 Tips to Protect Your Marriage While Quarantined](#) (Parade)

[Avoid Cabin Fever with These 125 Ideas to Keep Kids Entertained During the Coronavirus Crisis](#) (Parade)

[Under One Roof: Home Together During the Coronavirus Pandemic](#) (Psychology Today)

[Parenting During COVID-19: A bulleted list to stick up on the fridge](#) (Psychology Today)

[How to Talk to Your Kids About Coronavirus](#) (PBS)

RESOURCES: WORKING FROM HOME TIPS

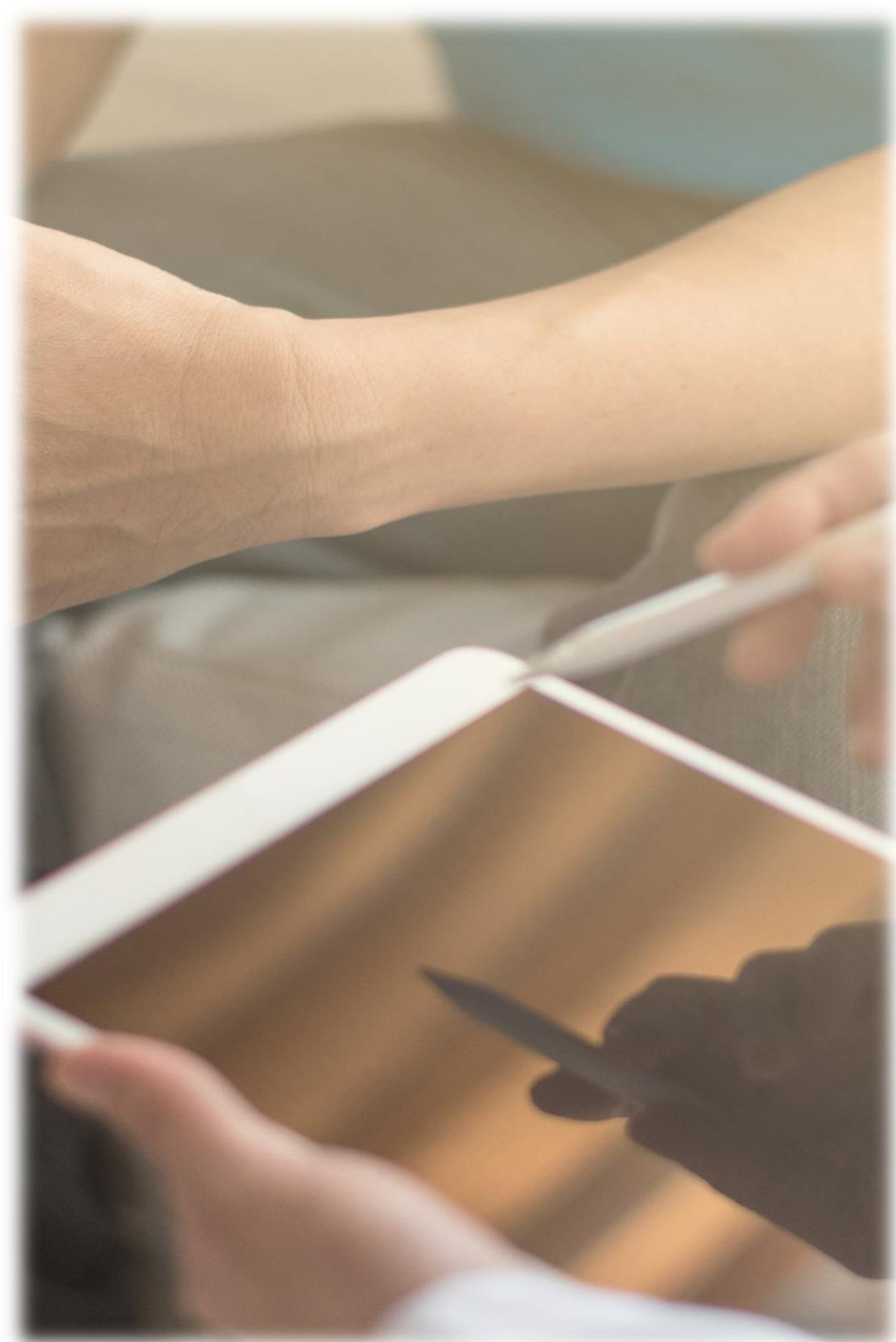
[9 Tips To Be Productive When Working At Home During COVID-19](#) (Forbes)

[8 Tips To Make Working From Home Work For You](#) (NPR)

[How to Work From Home Without Losing Your Mind](#) (Wired)

[How to keep yourself happy and productive if you're working from home because of the coronavirus](#) (Business Insider)





RESOURCES: DOMESTIC VIOLENCE SUPPORT

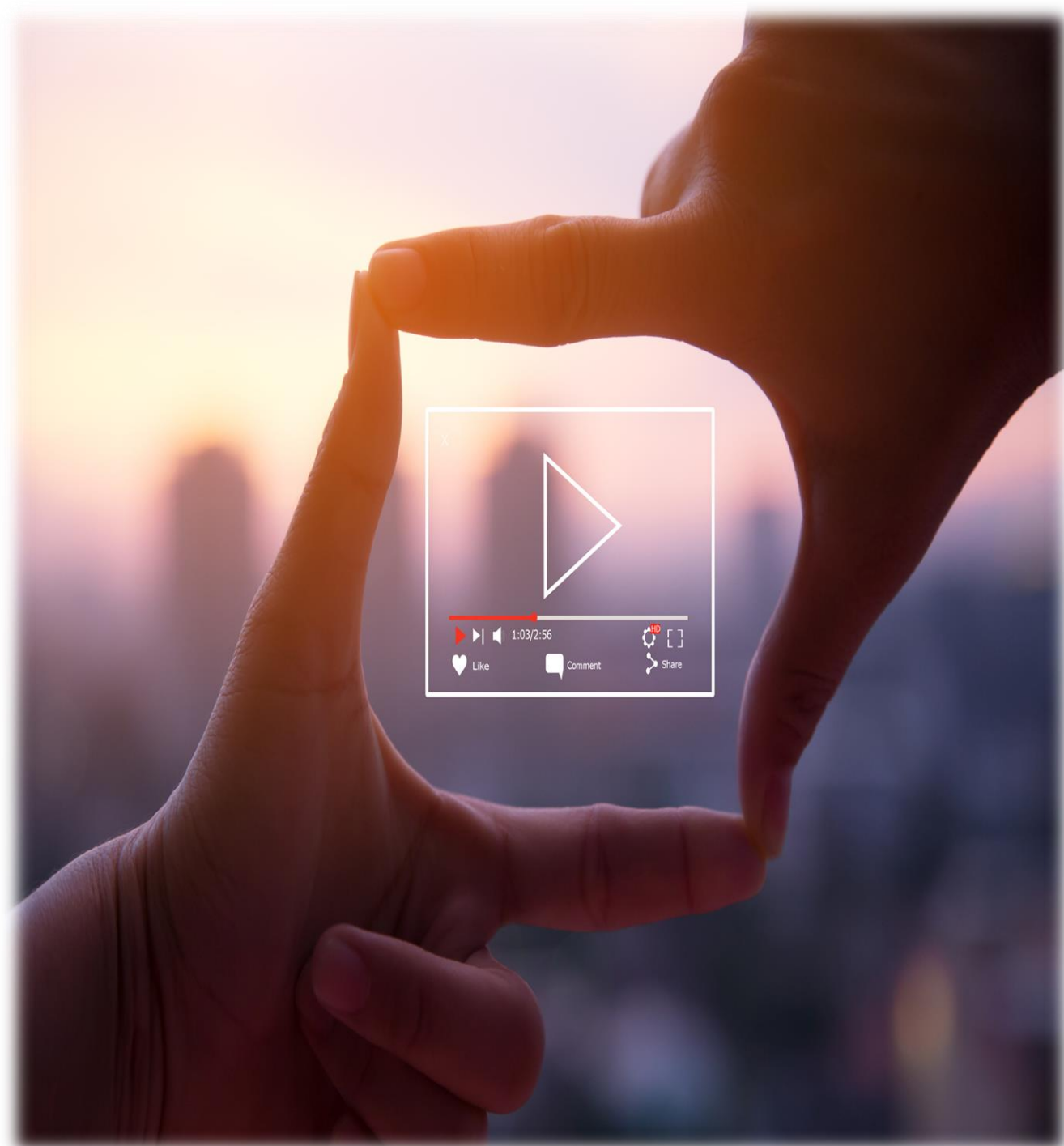
[Information on COVID-19 for survivors, communities, and DV/SA programs \(FUTURES\)](#)

RESOURCES: FINANCIAL CONCERNS

[Financial Resources for Washington Residents Impacted by COVID-19 \(DFI\)](#)

VIDEO: MANAGING YOUR MENTAL HEALTH DURING COVID-19 (27:40)

<https://www.youtube.com/watch?v=NNQImC8K91M#action=share>



THANK YOU!



Joanne Lee, WIN Professional Development and
Retention Subcommittee Chair



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Washington Immigrant Network

<https://www.washingtonimmigrantnetwork.org/>