

**Rotary**



**Action Group on  
Mental Health  
Initiatives**

**Leadership & Mental Wellness**

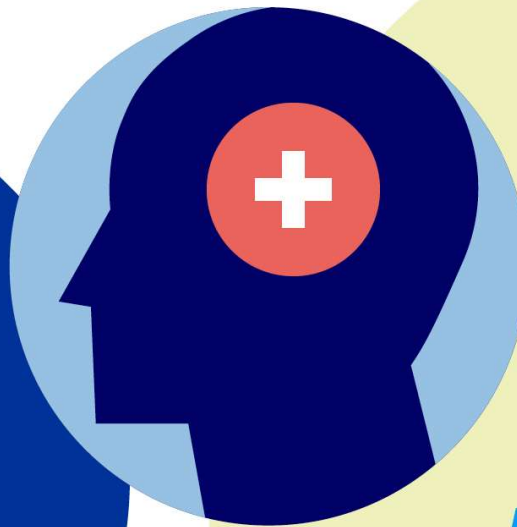
# Leaders have, and encourage in others, these 6 Human Qualities and Needs

- Knowing and emphasizing our unique **STRENGTHS**.
- Satisfying our drive for growth and **EXPANSION**.
- Having **FREEDOM** to work, grow, achieve and find balance in ways best for each person.
- Honoring our desires for a sense of **MEANING**.
- Forging strong, powerful and deep **CONNECTION**.
- Nurturing our own and others' physical, emotional, mental and spiritual **CARE**.

# Nurturing our own and others' physical, emotional, mental and spiritual **CARE.**

- **Body:** We need adequate sleep, regular exercise, food and water and an environment that is physically and emotionally healthy. There's no getting around this.
- **Mind:** Our minds are at their peak when we can practice curiosity, positivity, mindfulness and empathy. The more we practice, the easier they get, and the more sustaining the results.
- **Heart:** Opening our hearts in discerning and safe ways helps our well-being; it promotes greater connections with ourselves and others. We can practice gratitude, connect with folks we enjoy and be vulnerable with those we trust-while maintaining boundaries. And we can continue to build communities that support open-hearts and resilience.
- **Spirit:** We feel more centered when we can periodically transcend our lens and connect to people and things beyond ourselves. Stepping outside ourselves often brings peace, even in the most challenging circumstances. And when we can feel joy, no matter how fleeting, we need to cherish those moments.

Employers will need to manage the ***psychological effects*** of the lockdowns on their workforce as they return to office/factory.



***low morale***

***hyper-stress***



***general fear***






Source: COVID-19 Risks Outlook 2020: A Preliminary Mapping and its Implications

# Acknowledge Feelings

**YOUR CONCERNS ARE VALID**

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:

 Getting sick	 Passing the virus onto others, especially those that are high-risk	 Adjusting to a new reality for an uncertain amount of time	 Taking care of and supporting your family
 Concern about the health of your friends and family	 Financial stress	 Not being able connect with friends and family the way you're used to	 Shortages of certain common supplies

# Regain A Sense of Control

## REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

### YOUR MIND AND BODY



- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene

### YOUR IMMEDIATE ENVIRONMENT



- Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go out if necessary
- Limit the number of people you come into contact with
- Work from home if you are able to

### WHAT YOU CONSUME



- Don't overdo your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

### HOW YOU PREPARE



- Keep 2-4 weeks of food on hand
- Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too
- If you take medication, get refills and keep a month's supply at home if possible

### HOW YOU PROTECT YOURSELF



- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Avoid greeting people by shaking hands, kissing or hugging
- Keep 6 feet of distance between you and anyone who is coughing or sneezing

### HOW YOU PROTECT OTHERS



- Stay home if you are sick aside from getting medical care
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces




# Anxiety & Depression


- 1 in 4 (pre-COVID)
- Expect heightened STRESS

## SIGNS OF ANXIETY


It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:




Uncontrollable worry or dread



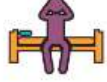
Stomach and digestion problems



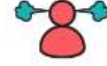
Trouble with concentration, memory, or thinking clearly



Increased heart rate



Changes in energy and difficulty sleeping



Irritability and/or restlessness

In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks at first, but usually go away when people are able to talk to someone else to calm their fears and practice deep breathing.

## MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

Ask someone to be your support buddy. Call, text, or video chat as needed.

Exercise at home

Use resources like online support groups or the Crisis Text Line (Text MHA to 741741)

Set boundaries with your phone

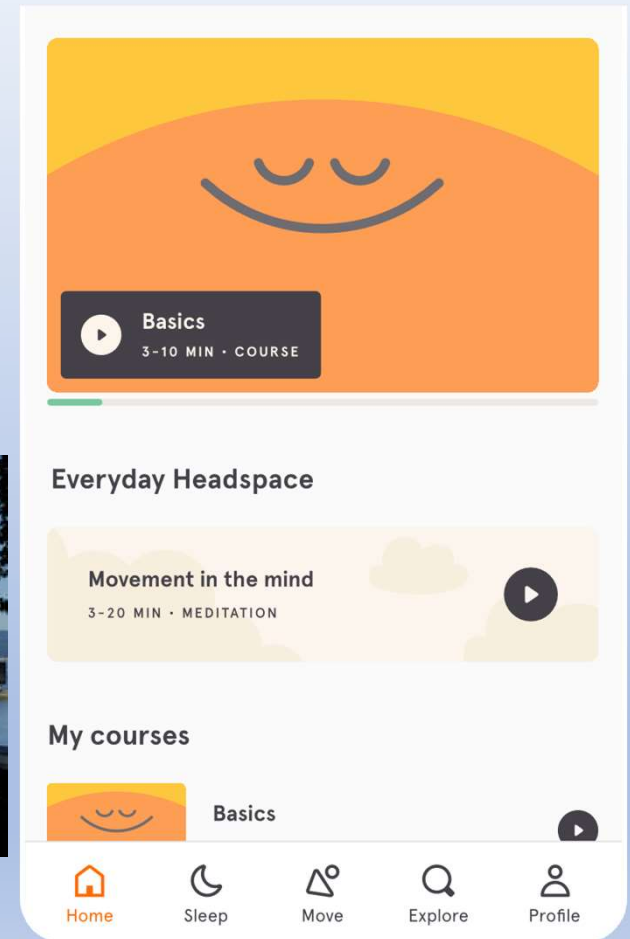
Use a mindfulness or meditation app

Set a timer for every hour to get up and stretch or take a walk

Create a new routine

Take 10 deep breaths when you feel stressed

# Resources: Mindfulness





# External/Community Resources

## WHEN ANXIETY WON'T LET UP

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don't seem to be helping, there are additional resources you can take advantage of.

[Mental Health Screening](#)[Crisis Hotlines and Textlines](#)

### Your Employee Assistance Program

# Resilience

- Like a muscle – you can build it!

## ***Support yourself:***

- **Avoid excess exposure to media coverage.**  
Take breaks from watching, reading, or listening to news stories.
- **Take care of your body.**  
Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Connect with others.**  
Share your concerns and how you are feeling with a friend or family member.
- **Maintain a sense of hope and positive thinking.**

# Self-Care & Wellness

- How do you or might you encourage more self-care at work or in your Club?

# Leaders Model

- Leaders Care
- Leaders Guide
- Leaders are skilled in EI
- Leaders practice Self-Care and break Stigma by supporting others and talking about **Mental Wellness**



## Whole Person

Care and support for  
the whole person

## Whole Company

Every manager, team  
and leader inspires and  
supports you

## Whole Ecosystem

Relevant resource to  
the right person at  
the right time

[www.ragonmentalhealth.org](http://www.ragonmentalhealth.org)



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