

## A Guide to Well-Being During Coronavirus

Greater Good magazine turns scientific research into stories, tips, and tools for a happier life and a more compassionate society. With the recent COVID-19 outbreak, they're committed to bringing you stories, tips, and tools for these uncertain times in our global community.

The Greater Good website and magazine contain practices, resources, and articles for individuals and parents facing COVID-19. Below you will find some useful resources.

### ***Resources for Stress and Anxiety***

- [\*\*\*Gaining Perspective on Negative Events\*\*\*](#) (practice): *Take a step back and analyze your feelings without ruminating.*
- [\*\*\*Mindful Breathing\*\*\*](#) (practice): *A way to build resilience to stress, anxiety, and anger.*
- [\*\*\*Expressive Writing\*\*\*](#) (practice): *A simple, effective way to work through an emotional challenge.*
- [\*\*\*How to Transform Stress into Courage and Connection\*\*\*](#) (article): *Learn why fight-or-flight isn't our only built-in response to stress, and how we can find reserves of strength and kindness in crisis, from Kelly McGonigal.*
- [\*\*\*Five Science-Backed Strategies to Build Resilience\*\*\*](#) (article): *Learn about 12 different exercises you can do when facing difficulty.*
- [\*\*\*Seven Ways to Help Someone with Anxiety\*\*\*](#) (article): *Some people are more anxious than others during these times. Find out different ways you can support loved ones who are struggling.*

### ***Teens and Isolation during the COVID-19 Outbreak***

Teens are not made for isolation, which makes COVID-19 especially hard on them. Here's how to help your teenager to see the bigger picture. [\*\*How to Help Teens Shelter in Place\*\*](#)

### ***UnitedHealthcare EAP-Live and Work Well***

UnitedHealthcare offers a wide range of support to help you stay up to date with, and cope with COVID-19 as part of the City's EAP, **Live and Work Well**. Any employee, even if not covered by the City health plan, can access **Live and Work Well**. Click on [\*\*Live and Work Well Website\*\*](#) and register as a guest, using the **access code Tampa**.

***Live and Work Well has a toll-free emotional support line at [\(866\) 342-6892](tel:8663426892), free of charge and available to anyone. Caring professionals will connect people to resources 24 hours a day, seven days a week.***

All COVID-19 (Coronavirus) Alerts from HR are also on the internet at [\*\*Employees Guide\*\*](#).

## **Other Things You Need to Know**

### **Watch for symptoms**

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

### **Practice social distancing**

Keeping away from persons as much as possible can protect you and others. Try to keep a distance of 6 feet from those you are interacting with and avoid handshakes and other touching.

### **If you have symptoms?**

Contact your primary care physician or the patient access center for the City Wellness Centers immediately. Your physician will advise you on next steps, including whether you need to be tested. Avoid going directly to your physician so that other persons are not infected.

### **If you are sick with Corona Virus symptoms, stay home except to get medical care**

- Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- Avoid public areas: Do not go to work, school, or other public areas.
- Avoid public transportation including ride sharing and taxis.
- Stay away from others, even within your own home.

### **Steps you can take in your home or workplace**

- Wash your hands often with soap and water for at least 20 seconds
- If unable to wash hands use hand sanitizers with at least 60% alcohol content
- Sanitize tables and counters at home, workstations on the job, door handles and phones
- Many City worksites have hand-sanitizer stations and access to wipes. Ask your supervisor.

Visit the City of [Tampa Corona Disease \(COVID\) Information Website](#) for details, frequently asked questions, and information on resources.