

10:30 am

***Workout with Jenn**

***Write down COVID 19 questions as a group**

***Video Review**

***Talk about Sofa Singers!**

What is one thing
you are grateful for
about your family or
your mom?

What This Chart Actually Means for COVID-19

[https://www.youtube.com/watch?v=fgBla7RepXU
&feature=youtu.be](https://www.youtube.com/watch?v=fgBla7RepXU&feature=youtu.be)

Coronavirus | Dealing with anxiety & mental health during a pandemic

<https://www.youtube.com/watch?v=xzNMABRELPg>

What is Mental Health?

<https://www.youtube.com/watch?v=G0zJGDokyWQ>

*we are staying safe right now by staying at home.

*staying away from other people reduces our chances of getting sick.

... Why is that important?

You could get the virus.

Or you could pass the virus on to someone who is vulnerable.



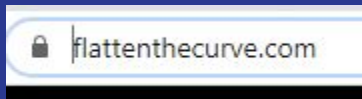
By staying home we #flattenthecurve

It's hard to know how illness will affect us over time. But due to past pandemics, Scientists have learned that in order to slow the spread of germs (flatten the curve), we need to each do our part to help each other!

This website has the best up to date information.

Remember to look for secure sites and look for information that is based in science.

There is still a lot we don't know about the virus just yet. Scientists are still learning.



<https://www.flattenthecurve.com/>

[English](#) | [Español](#) | [Deutsch](#) | [français](#) | [Italiano](#) | [Ελληνικά](#) | [русский](#) | [čeština](#) | [मराठी](#) | [Nederlands](#) | [Svenska](#)

AVOID CONTACT

Stay home. If you have to go out, avoid close contact.

WASH YOUR HANDS

thoroughly and frequently and do not touch your face.

STAY CALM

Avoid panic and lend a helping hand when it's safe.

FLATTEN THE CURVE. SAVE LIVES.

Up to date information about COVID-19, verified by experts, so we can slow the spread and prevent hospitals from becoming overwhelmed.

WHAT TO DO

Learn [what to do](#) to protect yourself and your community, as well as [myths](#) to ignore.

STAY INFORMED

Read here, or [signup](#) for updates from scientists and health experts for free.

SPREAD THE WORD

Share this information now with all your friends and loved ones

This is what the website looks like. The information is very basic. The idea is to stay calm. Use protective measures. Look for ways to connect to your community however you can.

Updated May 4, 2020 3:45 PM (UTC)
hello@flattenthecurve.com

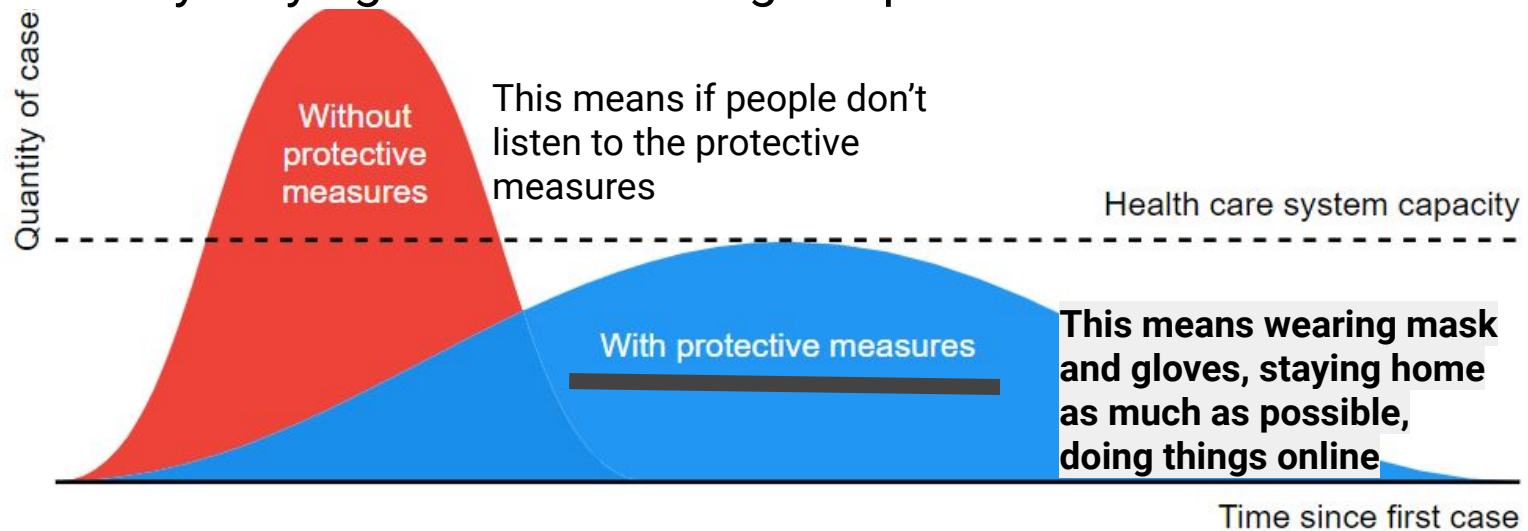


This website has been updated recently

Keep the main thing the main thing

#FlattenTheCurve

It could take years for Scientists to understand how this virus will ^{ind it} progress. But that doesn't mean that things won't get better. But we have to do our part to preserve our healthcare system and protect one another by staying home and doing our part.




WHAT TO DO

How to not get infected

Stay home

The United States is a big country, with 50 states, each handling this in a different way. Therefore, community spread is going to be occurring at different rates in different places. The best thing to do, if not required by your employer, is to stay home until this curve has sufficiently flattened.

- Do not dine out.
 - Do not go to the movies - listen to the radio, watch TV, listen to podcasts, do puzzles, play board games, create an in-home disco.
 - Do not go to church - use home rituals or streaming services.
 - Do not go to work unless you must, and when you return have a routine for coming back so as not to bring the virus into your home.
 - Do not go shopping for non-essentials.
- 

- If you get restaurant food delivered, use a service that you can prepay and have the delivery person leave the food on the doorstep. Order well before you want to eat so you can isolate the food for a few hours, then heat it up if needed.
- When you go grocery shopping, wear gloves and isolate your purchases (and your gloves!) in a safe spot for a few hours before unpacking.
- Get outside! But keep walking. Say hi to people, get some social interaction, but get it in passing. Keep physical distance from others. Don't stop and form groups. Make sure and wave to all the pets being walked.

Avoid crowds

It is best to stand at a distance from people. 6 feet or more is safest from infectious droplet spread. The higher your underlying risk factors (age, recent major surgery, cancer, immunocompromised, asthma, diabetes, etc), the more you should avoid crowds.

CDC has recommended that [older adults](#) 'stay at home as much as possible'. But keep in mind that over the longer term, this isolation could have negative impacts on many people's mental health. Cultivating meaningful relationships is a well established but under-appreciated determinant for all health outcomes. So DO see the people you love, but consider doing so via lower-risk activities. For instance, go for a walk outside with a smaller group of people rather than attending an event indoors. Go to the beach. Ride bikes. Golf. Picnic more. This is not going away in one week, so pace yourself.

Wash your hands

>20 seconds with soap and warm water. [Here are great options](#) of songs to sing to help you pass the time. Unlike some really stubborn viruses (like polio), viruses in the coronavirus family typically don't survive longer than a [few hours on most surfaces hard surfaces](#); though it can be up to days. [Bleach or ethanol are more effective at decontaminating surfaces than they are disinfecting humanskin](#). So don't hoard the hand sanitizer, that should be used only when you do not have any access to a soap and water sink. At a restaurant? Wash your hands. At school? Wash your hands. Vigorous handwashing with soap really is vital to reduce transmission; the awesome science of why is [here](#). **If you do nothing else at all, do wash your hands.**

Do not touch your face

This is a way that the virus can enter the body. It is really hard to avoid; this is also why we advise staying home and avoiding crowds. It is also why top-down measures (event cancellation and imposed quarantine etc) work. The average person, even ones with baseline good hygiene, touch their faces constantly already without thinking about it. Especially with allergy season coming up, please keep this in mind.

Wear a facemask when in public

The US Center for Disease Control “recommends wearing cloth face coverings in public settings”. According to the World Health Organization’s top emergencies expert, Mike Ryan, “using respiratory coverings or mouth coverings to prevent coughing and sneezing projecting disease into the environment and towards others...is not a bad idea”. In addition, there are at least “34 scientific papers indicating basic masks can be effective in reducing virus transmission in public”. As a result, many countries have started making mask-wearing (including scarves and bandanas) mandatory in public areas, such as the [Czech Republic](#), [Slovakia](#), [Vietnam](#), [Austria](#), [Israel](#), and some American cities such as [New York](#) and [Los Angeles](#). [N95 and surgical masks](#) are the most effective, but homemade masks are still beneficial. Consider donating any N95s to local healthcare workers if there is a shortage in your area and making homemade masks for your own household. See [these](#) written instructions and [this](#) or [this](#) video to learn how to make your own using a sewing machine.

Do not shake hands

Some fun alternatives are:

- hand over heart
- wakanda forever
- bow
- curtsy
- live long and prosper
- [finger wag](#),
- princess wave
- [jazz hands](#)

...are best.

One awesome side benefit is that contactless greetings don't even need to be agreed-upon in advance. Unlike handshakes, hugs, kisses, etc, there is no need to have an understood protocol. Do what works for you.

Do not touch public surfaces

Where possible, use knuckles rather than finger tips (e.g., for elevator buttons, light switches, etc.). Open doors with your hips rather than your hands. You may use your elbows to open door handles, if it's an option. Use a sleeve to open a doorknob if needed.

How to support your community

Cancel non-essential medical visits

Hospitals are hot spots for transmission; get your vaccinations at a pharmacy rather than at the doctor. Find ways to do your physical therapy at home if possible.

Telemedicine professionals, this is your time to save the day, for everyone's benefit but especially those in rural areas who are hard hit and without easy access to medical care.

<https://doxy.me> and <https://vsee.com/clinic/> provide free HIPAA compliant video platforms for telehealth.

JHU is developing resources here for hospital staff and administrators; more info [here](#).

Do not spread misinformation

Be informed, and do not spread rumors and speculation. Only promote factual information from reputable sources.

Do not be racist

Racist assumptions lead to racist behaviors. Racist behaviors divide us, and in this pandemic situation, definitely work against us. If we divide ourselves according to race, ethnicity, or nationality, the virus wins and we all lose, plain and simple. If we unite ourselves regardless of race, ethnicity, or nationality, the virus loses and we all win.

Be kind to others

At all times, be kind to each other and be mindful of other people's worries. *You may be in a low risk group and feel this is nothing to fret about, but your 80-year old neighbor or your friend with recent heart surgery may feel quite differently.* Every person matters; no one is "expendable."

Donate

Healthcare professionals are running short of N95 masks, gloves, and other personal protective equipment. If you have a surplus of these supplies, consider donating them. Consult your local hospital for instructions on how to do so.

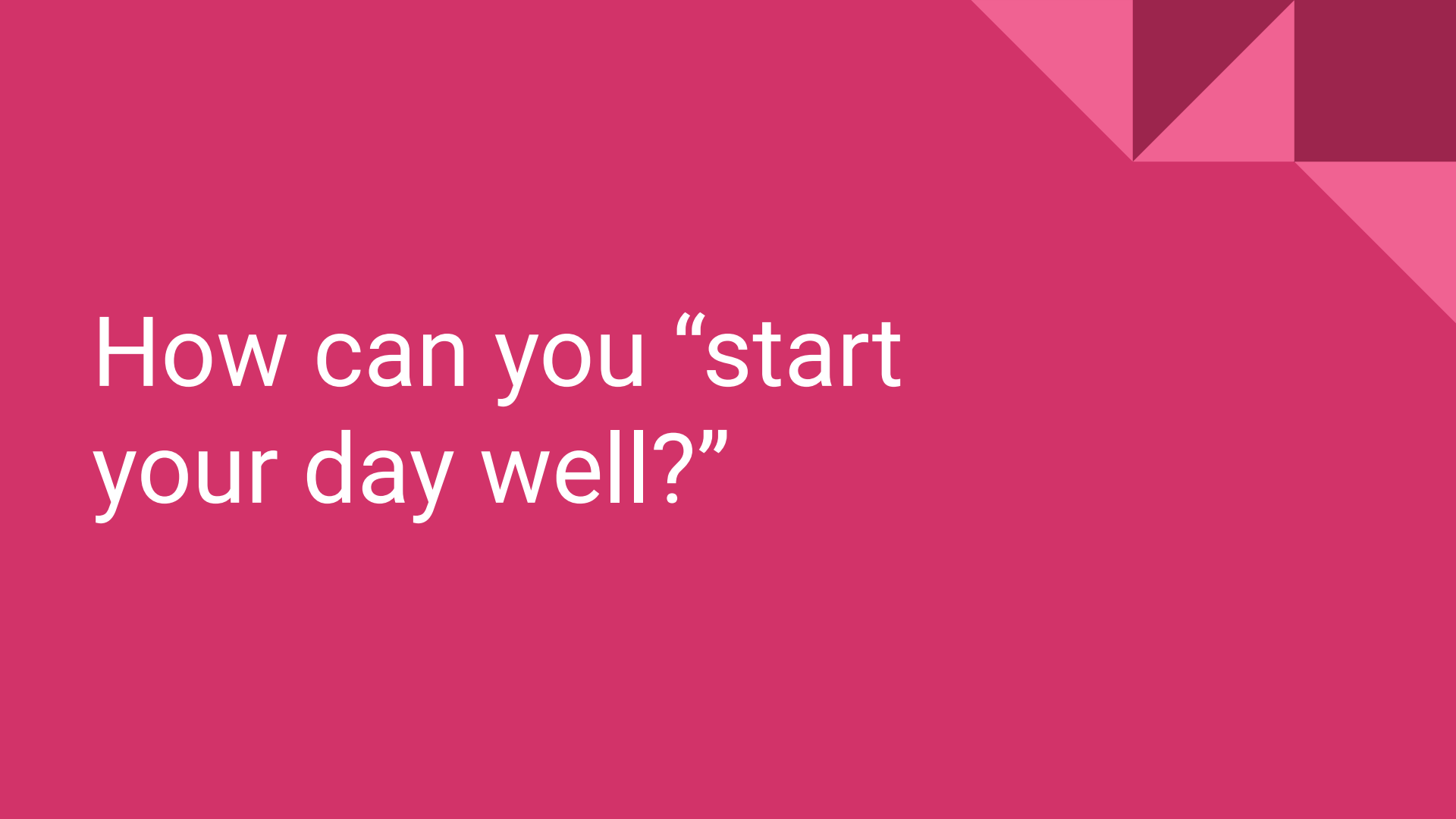
You are home.
You are safe.
We are still
together.

*What are some examples of protective measures?

*How can you help your family

*Can we control the virus? Can we control other people?

*What can we control right now?

The background is a solid pink color. In the top right corner, there are several overlapping geometric shapes: a dark pink square, a medium pink square, and a light pink square, all partially cut off by the edge of the frame.

How can you “start
your day well?”

*Meditation (counting;
see 5 things, hear 3
things, feel 3 things)



*Plan Your Day Differently

You have time for new hobbies/skills!

This can be time for you! Look for ways to make your day good each day

*Unplug from social media



Stick to 1 to 2 reliable sources of information about the current news. Do not look at any media if you are feeling anxiety.

*Create a regular bedtime and routine that works for you



Set goals for yourself each day, even if it is something as small as making your bed.

Try to go to bed at the same time each night and create a daily routine that makes you feel excited to be awake

React vs. Response

Look at the following sentences. Which do you think is a better way to express what is being said?

Remember as adults, we should be addressing others with a tone of respect:

*calm, even voice

*kind words (and minimal words or walking away if needed)

Which of these things are negative reactions?
And which of these are positive responses:

*"I want that back, it's MINE!!!!"

Or

"I'm feeling hurt that you took that from me... can we talk about this?"



Which of these things are negative reactions? And which of these are positive responses:

*"I don't care about the rules! I am just going to do what I want anyway."

Or

"There are some things I don't agree with or don't understand. I think I need to talk to someone else and think about this for a while."



Which of these things are negative reactions? And which of these are positive responses:

*"I hate you and I need space right now so I'm going away!!"

Or

"I'm feeling really upset right now, I can't talk about it right now. I need some space to myself."

Is slamming a door reacting or responding?




Which of these things are negative reactions?
And which of these are positive responses:

*"I just want program to start already. I'm bored I'm done with this."

Or

"I am super frustrated and this does not feel fair right now. I'm going to think of something to preoccupy my time. (I can even reach out to a mentor or family)."




Why might someone choose to ignore you if you say something in a harsh way?

Harsh tone:

- Loud: makes the listener feel unheard
- Threatening: makes the listener feel unsafe
- Vulgar: may contain swear words or rude comments



Does yelling actually get you what you want?

- No matter what the response you receive, if you begin feeling upset, verbalize that you need some space and walk away calmly.
 - What would happen if you yelled at a boss or co-worker?
 - What would happen if you yelled during an important meeting? Do you think the meeting would go well after that?
 - What would happen if you yelled during a job interview?
- 

However you feel,
whether stressed,
indifferent, confused or
concerned:

You are not alone.



Who has mental health?

The background is a solid pink color. In the top right corner, there is a decorative graphic consisting of several overlapping geometric shapes, including triangles and squares, in various shades of pink and magenta.

Answer: Everyone!

Mental Health is a Continuum

Positive Mental Health

- *coping with the normal stresses of life
- *feeling in control of yourself (even if you aren't in control of your environment/situations)
- *managing and expressing your emotions without harming others (verbally or physically)
- *feeling confident and interested in your goals and passions

Feeling sad, stressed, angry and other unpleasant emotions is completely normal! You might feel these things for days or weeks depending on the event.

It's even normal to not know how you feel or to feel like you feel "just fine."

Disorders are different

Disorders are often chronic
(which means lasting a long
time)

But that doesn't mean you are
alone or have to be stuck!

If how you feel is interfering with
your daily life, you can ask for help
from your parents/family or even a
Hidden Wings mentor

Remember: you can always get
help, you can always start over

There is support for you!

Afternoon Plan

1:30 pm

***Stretching/Dance Practice**

***Continue PowerPoint**

***Party Crashers**

***Counting Meditation**
