

STAY STRONG - STAY PRODUCTIVE - STAY HEALTHY

What We Can Do Now to Take Care of Ourselves and Each Other Webinar Comments, Observations, and Questions

Opening Thoughts and Comments

- love the idea of exhaling stress! 😊
- Nancy - I appreciate this - self care is not selfish
- Chaos and confusion really applies to my life right now. I have a wedding coming up on May 23rd and I'm moving to Rochester for a new job on the 24th of this month at the same time. It feels really chaotic.
- I think it's Endurance: Shackleton's Incredible Voyage...

How Are Participants Managing Stress, Adapting to New Situation?

- Give grace. Take a breath before answering
- Journal
- Daily walks
- Running outdoors as much as possible.
- Mental Health - limit going down the rabbit hole of internet.
- Grant yourself and others grace
- Take a break. Make sure to get plenty of sleep. Relax. Breathe.
- Give yourself grace
- I am sending personal notes to each staff member and volunteer.
- Since we are still able to get outside, I have been setting up “networking” calls - a great way to get healthy and connect!
- Focus on the things you can control
- Finding intentional time and space to get alone time.
- Changing pace, pausing.
- Walk an imaginary dog
- Sleep! So hard! But important
- Extend moments of grace to yourself and to others; limit media exposure.
- Watercoloring has put my mind at ease at night
- Lessen repeated news
- Adhere to a schedule
- Meditation
- I love my time with my family and knowing that we are here for each other
- Meditate
- Get outside! Get an adult sized kick-scooter and use it!!
- Appreciate someone new everyday.
- Listening to your favorite music 🎵
- Listen to Andrea Bocelli while puzzling

- Intentional use of music
- Finding something to do that makes a difference - mask making, reaching out to ppl
- Dance in the kitchen
- Vegging out a it, too.
- Check in with friends & neighbors regularly
- Lots of facetime. Music
- Vegging out
- Talking with others-letting them know if you are struggling.
- Get out and enjoy nature
- Laugh, Stay focused on projects, Work out, Sleep
- send notes/cards
- Reaching out to some people I haven't talked to in a while and check in to see how they are doing. Anything I can help with?
- We have been celebrating family birthdays via zoom meeting
- Reach out by phone, IM etc to your friends, network and ask how they are doing and if there is anything you can help them with.
- Enjoy making your house your 'safe' place and be grateful!
- Maintaining a routine. Set an alarm to get up, take a shower, get ready for the day. It makes me feel a level of normalcy.
- I think this day is a good example of how we all feel right now. Snow, rain, SUNSHINE, cloudy, then back to sunshine :)
- Online shopping. Very therapeutic. ;)
- Zoom or video chat with close friends and/or co-workers to let them know we are in this together
- Celebrate the small things!
- Take regular "brain breaks" during the day. Off electronics/away from news. Close eyes and breathe.
- Listen to motivational podcast to boost your days intake of new ideas.
- Yes! How to care for employees and coworkers who are also remote/not working
- Zoom HH with Friends and family
- Cook with my family, ask for help and make new creations together :)
- I'll second Zoom HH! Nice to connect with friends, family, and business connections.
- Dancing! :)
- Daily walks with my granddaughter and dogs
- Zoom with colleagues. Zoom with adult children in a game night way.
- Develop a regular routine to recognize gratitude
- I have been trying to write in my gratitude journal more.....helps me to see the amazing good that is happening each day.
- Taking a deep breath is helping me be more kind.
- I have Neil Pasricha's Two Minute Morning Journal - letting go of 1 thing, 3 things I an grateful for and 3 things I will focus on - creates a sense of gratitude and intention
- Love the letting go piece, might have to do that in the evening, so I sleep better :)

- "Vulnerability is having the courage to show up when you can't control the outcome" from Brene Brown's book "Dare to Lead"
- This crisis will affect how we design and utilize our built environments to create safety, safeness as well as connection - will require innovative co-creation
- Are we talking about short term considerations or permanent?
- This is how we are supposed to function in community

What Do the Participants Need?

- I need to get some connections in Rochester.
- how to help kids understand what is going on
- I need a walking partner --
- I need more exercise, I too need a haircut, I am missing eating out in restaurants.
- Haircut!
- I need elastic so my daughter can continue making masks
- To connect with my group of friends all together
- I need a routine for my family
- I found hair elastics at Walmart
- Sunshine!
- To meet with my running club
- I'm also sewing masks, for Mayo
- Sunshine would be good!
- I need to stop eating so much!
- To connect every community
- Need a rabbit hutch
- My 8 month old son to nap once in a while!

What do Participants Have to Give?

- I have friendship to give
- I have to give A listening ear, someone to talk to and a virtual high five!
- A smile, love and acceptance
- I am a good listener and also love to walk - but I'm in St. Paul - can be a call/walk buddy
- Central Bark - Happy to delivery groceries, pet food, etc
- My Mom turned 89 Saturday. The people on the floor her independent living apartment is on all stepped into the hall at once (organized by someone else on the floor) and sang Happy Birthday to her.
- Happy to deliver groceries, etc. I have to go out 2-3 times a week for HOPE Ranch business. Just give me a call or text.
- Also, being a new dad, I have some good dad jokes to share :)
- Humor is a great stress buster!

Parting Questions and Comments

- Might sound Childish but Legos are amazing stress reliever.
- Legos are great! I am building the Lego Yoda set. It really helps me decompress in the evening

- How about dealing with guilt - both the guilt about not doing enough and survivor's guilt - for being essentially okay while we see horrible things in news or with our friends on facebook.
- I second the Legos
- I am going to break out my kids Lego's!! Have not played with those in many years!
- Who came out with the article? Where was it published?
- HBR Harvard Business Review
- I feel guilty even going to the grocery store.
- As a family we have been making plans for the care of our 88 & 89 year old parents who each live independently. Only one of us live in the same city. So we need to have a plan in case that sibling becomes ill.
- I have felt this kind of guilt too
- How do I maintain patience with coworkers, but keep our work moving?
- The article is "That Discomfort You're Feeling is Grief" by Scott Berinato - really great article - helped me acknowledge what I'm feeling and how give myself grace
- Yes, that guilt is a real thing. I struggle with it as well.
- I like to follow Dr. Kim Manning on Twitter. She talked about survivor's guilt, and also shared an article "Ten Tips for a Crisis: Lessons from a Soldier" about managing crisis situations. Helpful perspective, beautiful stories. <https://twitter.com/gradydoctor/status/1246946817712979971>
- Thanks much Rochester Chamber, Jon, Nancy, and Kristen!
- Great session, thank you!
- Thanks!
- Excellent information and inspiration - thank you!
- Great session. I am feeling GREAT. Thank you for CARING everyone.
- very helpful session
- Chamber: I appreciated the phone-call check-in the other day and opportunity to speak with someone 1:1 about ideas & concerns that continue to be addressed by the Chamber for our community. So glad I'm a chamber member!
- thank you all
- Thanks everyone.
- Thank you!
- Thank you, good to pause, and listen to my inner self- to be a connection point to those around me.
- Wishing I had some U Betcha Cupcakes :-{
- Thanks for making this available to us.....who would have ever thought that our Chamber would be giving us this support!
- Thank you every one
- Thank you, all! Great presentation and community support!
- Thank you to the Chamber for the 1:1 calls and all you are doing to support all of us.
- What an amazing seminar. You are all to be applauded for your work to bring us together and to move us forward!
- Will this session be recorded and available for those who were interested but could not attend?
- Thank you! many great take aways
- Great session. Thank you for putting this webinar on 😊

- Pretty soon... how about one a how to be ready and rebound robustly
- Thank you!
- Thank you RSP
- Thank you Kathleen and crew!
- Thank you!
- Thank you