



Addressing the impact of COVID-19 Managing health and well-being during uncertain times

In order to limit community spread of COVID-19, many of us suddenly find ourselves isolated from the people and places that matter most. As our work, family and social lives continue to be disrupted, it's important to prioritize our mental as well as our physical health.

As you develop new routines to work from home, be sure they include taking care of your body. To avoid prolonged periods of sitting, take short, frequent movement breaks throughout the day. Try taking calls while standing. You may not be able to head to the coffee shop, but you can still take a short walk outside. Maintain your energy levels by making healthy choices for meals and snacks. And be sure that you're getting enough sleep—seven to nine hours is recommended to recharge the brain and heal the body.

It's completely normal to feel stressed and anxious, and the physical distance between us can compound the effect on our mental health. By focusing on the things within our control, we can avoid ruminating on negative emotions. Staying connected, even at a physical distance, and empathizing with others helps remind us we're not alone. It also allows us to better support colleagues and community members who may be struggling. Caring for our family in new ways may require changes in our schedule—and to accommodate these changes for our team. Practicing patience and consideration can help us manage these changes.

Recognize ways you or your colleagues may be struggling

Acknowledge the ways you or your colleagues may be struggling and proactively address them

- You or your colleagues are stressed and fearful that they or their loved ones will contract COVID-19.
- Employees are uncertain about the economy.
- Employees are overwhelmed and feel isolated because of social distancing.
- Employees are stressed by overwhelming news cycles.
- Employees are unsure about how to remain productive while managing children at home and caring for loved ones who may be sick.
- Employees are physically adjusting to new work schedules, locations, and routines.

Suggested approach:

- **Have Empathy:** Be patient with team members who are struggling and support them at work by respecting time boundaries, keeping meetings to a minimum, and being patient with ambient noise. Check in on colleagues who are directly impacted by illness.
- **Connect:** Engage with colleagues and friends virtually; working through a crisis together can deepen friendships. Reach out if you're feeling isolated or alone.
- **Ask for help:** If your stress or anxiety becomes persistent, intense, and interferes with your ability to engage in daily activities, please reach out to your personal physician or local medical provider.

How to support physical and mental health, and create community during COVID-19

Physical health

- **Move regularly.** Keeping active by moving around or stretching while on a call can help boost your immune system, manage stress and improve your mood. Start or maintain an exercise routine.
- **Prioritize sleep.** Seven to nine hours of sleep each night is recommended to restore brain chemistry and heal your body. If you're having trouble getting to sleep, try a bedtime ritual that may include a warm bath, journaling or meditation.
- **Eat healthy.** Boost your immunity by taking time to eat healthy meals and snacks.
- **Wash your hands.** Tired of washing your hands? Say three to five things you're grateful for during hand washing. You'll reduce your risk and increase your headspace.
- **Flatten the curve.** Follow local and CDC guidelines encouraging physical distancing in order to "flatten the curve" of the pandemic.

Mental health

- **Find ways to connect.** Have a virtual dinner party with friends or a virtual coffee with a colleague, especially if you're feeling lonely or isolated.
- **Take a joy break:** Pause in the middle of the day to watch a funny video, listen to your favorite song, or read uplifting content.
- **Take a few deep breaths.** Take a few deep breaths, inhale for the count of five, hold for three, and exhale for five. Return to this practice anytime you're feeling overwhelmed.
- **Get natural light.** Try to set up your work from home office in front of a window to get some natural light.
- **Head outdoors.** You can avoid crowds *and* get some fresh air by taking a walk outside.
- **Digital detox.** Limit or turn off the news! Ask a friend to update you on the headlines instead.

Community

- **Create a routine that works for you and your household.** Map out a schedule that carves out time to address the needs of all of the members of your household and post it on a wall to get everyone on the same page. Unapologetically communicate your schedule to coworkers and ask for their help in sticking to it.
- **Digital acts of kindness.** We're all in this together. Send digital acts of kindness to colleagues, friends and even strangers. You'll make someone's day and improve your mood.

Contact:

For more information on how to respond, recover and thrive:

- Connect to Deloitte leaders www.deloitte.com/COVID-19-leaders
- Visit www.deloitte.com/COVID-19

Deloitte refers to one or more of Deloitte Touche Tohmatsu Limited ("DTTL"), its global network of member firms, and their related entities (collectively, the "Deloitte organization"). DTTL (also referred to as "Deloitte Global") and each of its member firms and related entities are legally separate and independent entities, which cannot obligate or bind each other in respect of third parties. DTTL and each DTTL member firm and related entity is liable only for its own acts and omissions, and not those of each other. DTTL does not provide services to clients. Please see www.deloitte.com/about to learn more.

Deloitte is a leading global provider of audit and assurance, consulting, financial advisory, risk advisory, tax and related services. Our global network of member firms and related entities in more than 150 countries and territories (collectively, the "Deloitte organization") serves four out of five Fortune Global 500® companies. Learn how Deloitte's approximately 312,000 people make an impact that matters at www.deloitte.com.

This communication contains general information only, and none of Deloitte Touche Tohmatsu Limited ("DTTL"), its global network of member firms or their related entities (collectively, the "Deloitte organization") is, by means of this communication, rendering professional advice or services. Before making any decision or taking any action that may affect your finances or your business, you should consult a qualified professional adviser. No representations, warranties or undertakings (express or implied) are given as to the accuracy or completeness of the information in this communication, and none of DTTL, its member firms, related entities, employees or agents shall be liable or responsible for any loss or damage whatsoever arising directly or indirectly in connection with any person relying on this communication. DTTL and each of its member firms, and their related entities, are legally separate and independent entities.