



Virtual Hugs, Handshakes and Self-Care:
Taking Care of Ourselves and Others Amidst COVID-19

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A photograph of a yellow door set in a dark wood wall. The door has a classic six-panel design and is framed by a yellow border. To the right of the door, a small lantern with a glowing light is mounted on the wall. The scene is dimly lit, suggesting dusk or dawn. A semi-transparent black horizontal band is overlaid across the middle of the image, containing the word "welcome" in white lowercase letters.

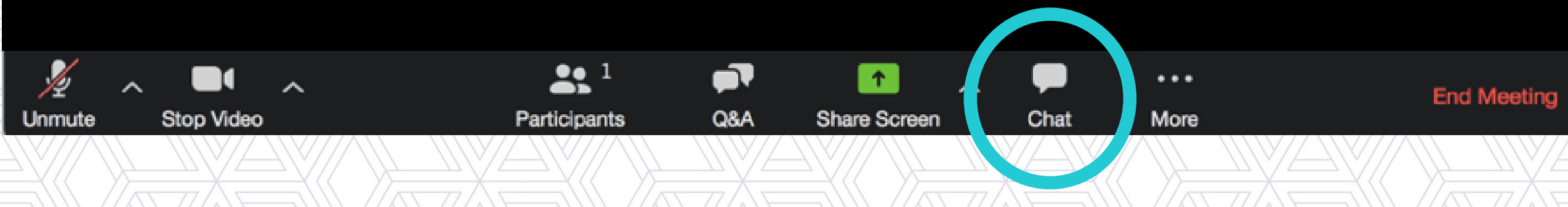
welcome

Ask questions of the presenters and moderators using the Q&A feature.



Engage with all participants using the chat feature.

When the chat window pops open, it may default as sending only to “panelists” or “host.” To chat with everyone, toggle the drop-down to “All attendees + panelists.”





introductions



EVENT
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Lindsay Gross

she, her, hers

Director, Facilitation Services

Certified ToP Facilitator/Mentor Trainer

Licensed Master's Level Social Worker



EVENT
GARDE



Krista Rowe

she, her, hers

Director of Diversity, Equity and
Inclusion

A close-up photograph of a hand with the index finger pointing directly at the viewer. The background is dark with numerous out-of-focus light spots in shades of yellow, white, and blue, creating a bokeh effect. A semi-transparent dark horizontal band is overlaid across the middle of the image, containing the text.

your turn

Introductions

In the chat box, share the following as a single post:

- Name
- pronouns
- Role (formal or informal)
- Organization (no acronyms, please!)
- What one to two words would you use to describe a feeling you have experienced already today?

Reminder! Check the chat box “To:” section and toggle it so that it sends your chat to “all attendees + panelists.”



housekeeping

Housekeeping

- We are recording today's webinar (1 – 2 p.m. ET)
- Don't worry, we can't see or hear you!
- We'll be sharing our resources with you (e.g., PPT, links)
- You're welcome to take screenshots
- Subscribe to our newsletter: **eventgarde.com/subscribe**
- Follow us on social media: **Event Garde**

agenda

A stack of books is shown in the foreground, with a pen resting on top of the top book. The background is blurred, showing a desk and a chair. The word 'agenda' is written in a large, white, sans-serif font across the center of the image.

Agenda

- The “new normal”
- Physical and emotional impacts of COVID-19
- Impact personally and professionally
- Managing our personal discomfort
- Adapting and supporting professionally
- Mental health resources

Uncharted Territory

The background of the image is a sunset over the ocean. The sky is a deep orange-red, and the sun is a large, glowing orb on the horizon. The water is dark and reflects the colors of the sunset. A small sailboat with a dark sail is visible on the water in the lower right quadrant, with its reflection clearly visible below it.

Emotional Impacts

- Anxiety
- Stress
- Depression
- Grief (5 stages)
 - Denial
 - Anger
 - Depression
 - Bargaining
 - Acceptance



Actual picture of me coping with life lately



Kübler-Ross Grief Cycle



Information and
Communication

Emotional Support

Guidance and
Direction

Emotional Impacts

- Manifests differently for people
- Anger/short fuse
- Sadness/Crying
- Panic attacks
- Socially withdrawn
- Not finding joy in previous activities

someone: were you crying
me: who me no lol why



Physical Impacts & Manifestations

- Sleep disturbances
- Heart racing
- Chest pains
- Headaches
- Weight gain/loss
- Hoarding





H

O



M

R



How does it show up at home?

Me all cute and ready for the living room.



- Members of household managing differently
- Possibly homeschooling
- Impact on children
- Impact on relationships
- Go to coping skills altered

How does it show up at home?



A photograph of a workspace on a wooden table. In the center is a silver laptop with a black screen. To the left of the laptop is an open notebook with a black pen resting on it. To the right of the laptop is a black smartphone. In the foreground, there is a white coffee cup filled with dark coffee, sitting on a white saucer with a red and white striped pattern. The background is dark and out of focus.

Work

How does it show up at work?

- Displaced
- Distracted/inability to focus
- Using new tech
- Loss of productivity

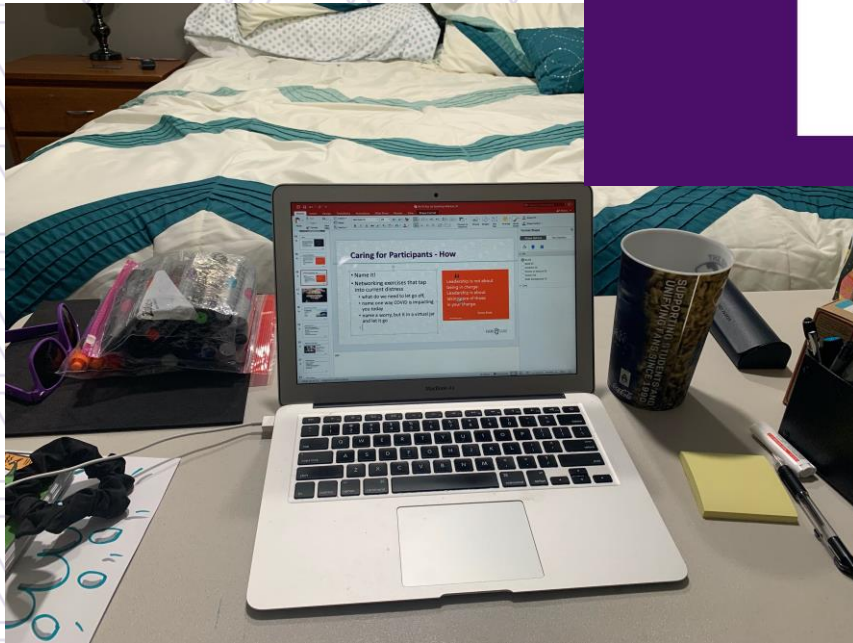
Zoom Meeting

Audio only

With video



How does it show up at work?





At Home Solutions



IG: @chippie_gummy

negativity

Adapting at home

That's enough todaying for today.
I'm done.



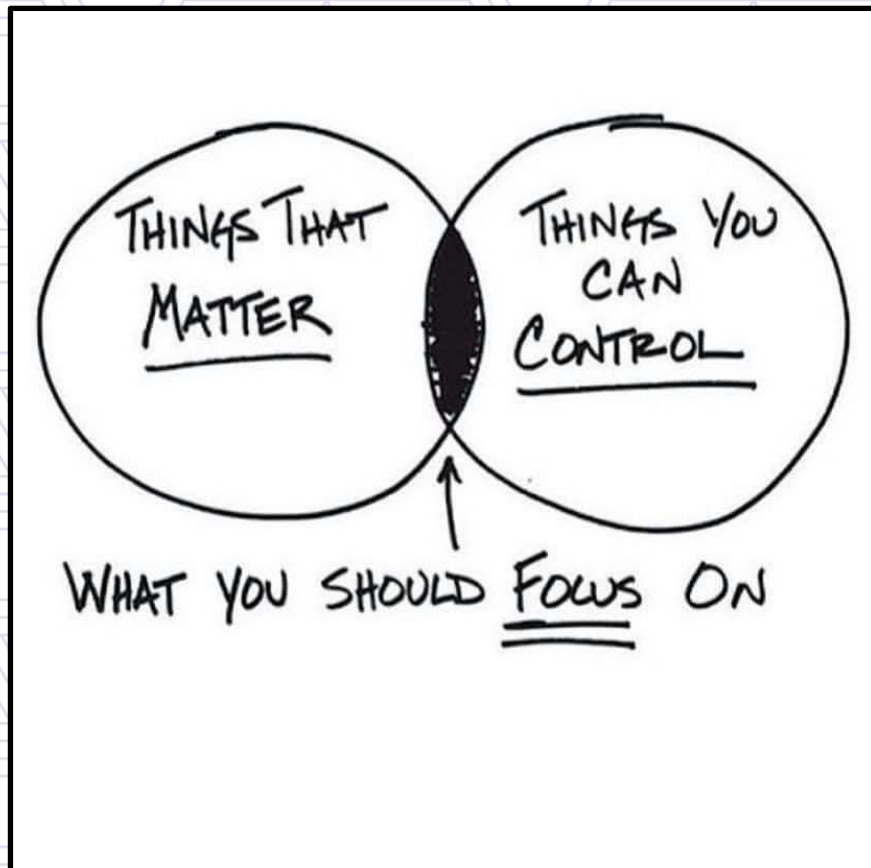
- Boundaries
- Routine
- Attend to mental health needs
- Self – care
- Take care of each other
- Healthy coping skills

Taking care of YOU!



- Be aware
- Healthy coping mechanisms
- News "diet"
- Be authentic and transparent
- Be wary of shame and judgement of ourselves and others
- Don't make any major decisions right now

Taking care of YOU!



- “CAN DO” list!
 - Ex. physical activity, yoga, podcasts, Netflix, talk to a friend
- Say “NO” – availability doesn’t equal capacity

WORK



SOLUTION

Taking Care of You at Work



- Manage “zoom fatigue”
- Redefine productivity expectations
- Determine accessibility and capacity
- Routine – adjust schedule
- Ask for needed accommodations

Caring for Others: Teammates

- A leader's job is to care for those under our "charge"
- Business case for tending to the people
- If we take people out of the work, we are missing the full picture



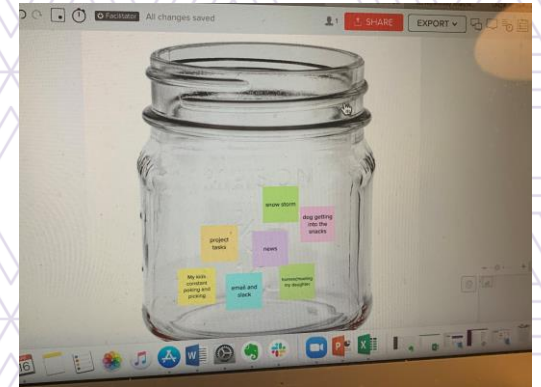
Leadership is not about being in charge. Leadership is about taking care of those in your charge.

Simon Sinek

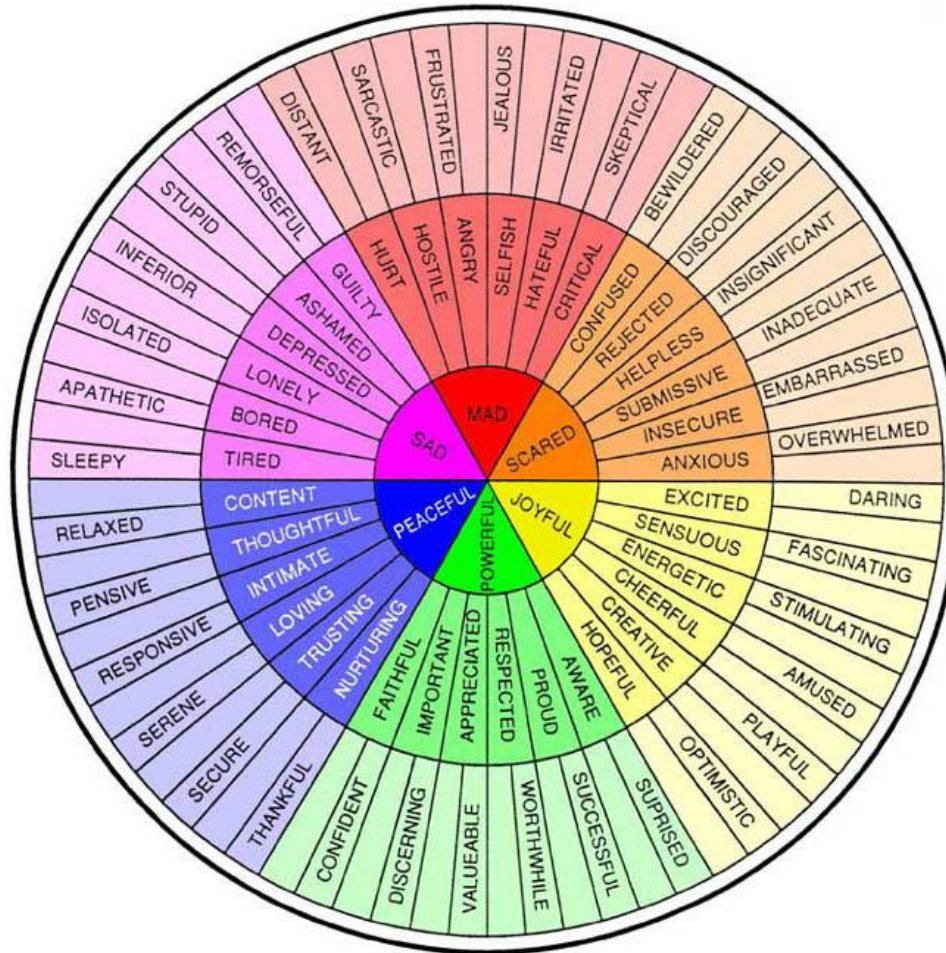
startwithwhy.com

Virtual Hugs & Handshakes

- Networking exercises that tap into current distress
 - What do we need to let go of?
 - Name one way COVID is impacting you today.
 - Name a worry, put it in a virtual jar and let it go
- R-level questions
- Personal connections
- Teambuilding activities



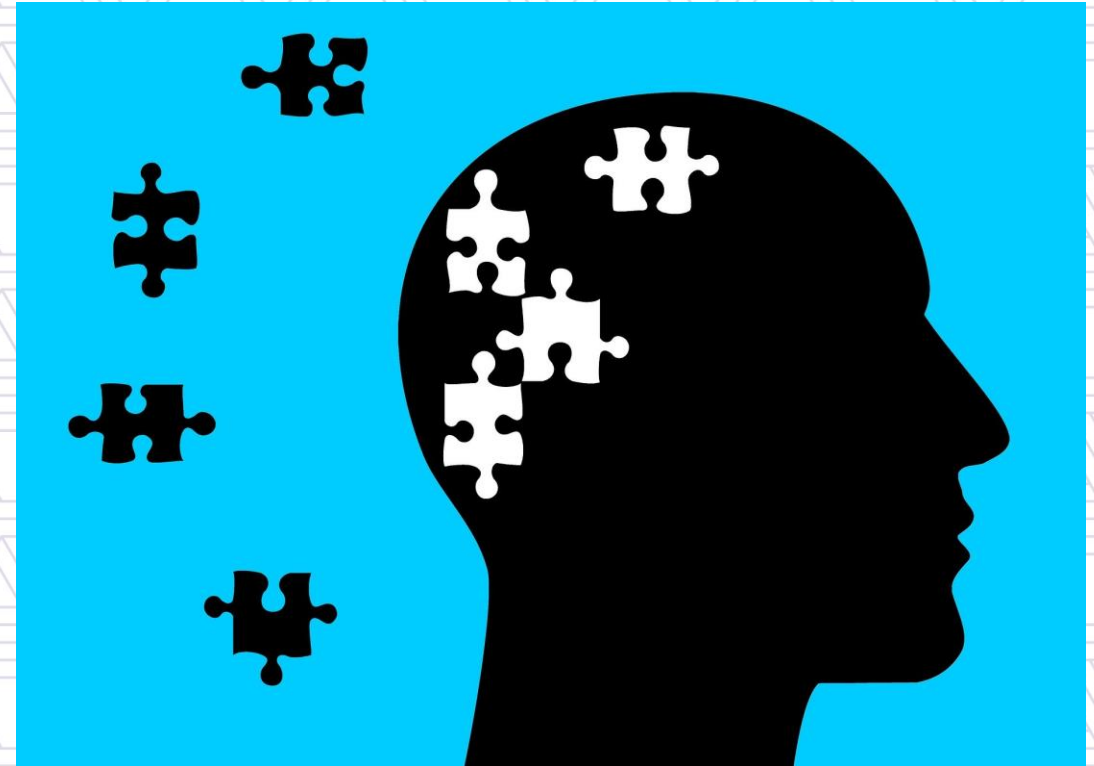
Name It!



resources

Mental Health Resources

- Telehealth therapy appointments
- Peer "warm lines"
- Headspace app
- Calm app



Digital Resources

eventgarde.com/news

- Virtual Meeting Success Guide
- Telework Considerations Sample Checklist
- 25 Teambuilding Activities for a Remote Workforce
- Event Cancellation & Rebooking Sample Checklist



**Download our free
COVID-19 guides &
checklists.**



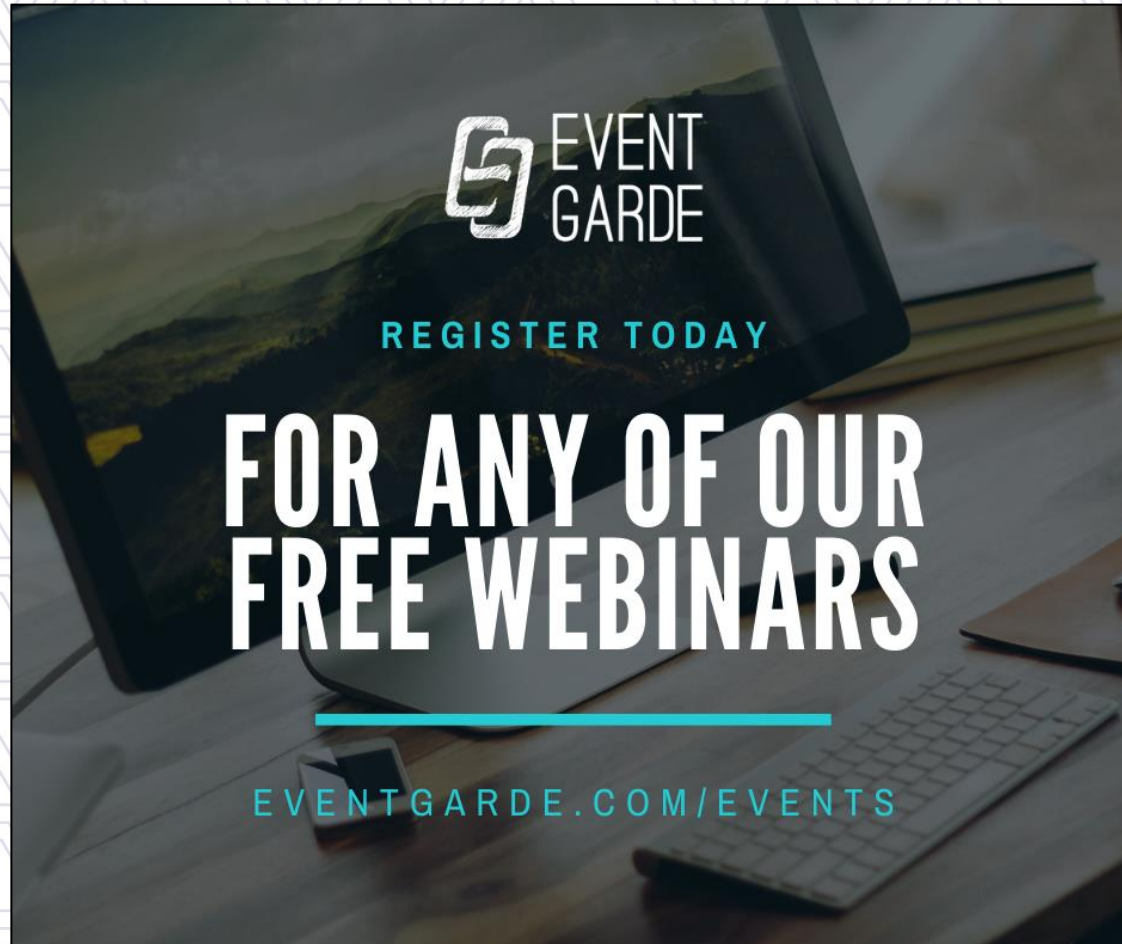
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thank you



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