



## "Stay Home, Stay Safe"

Arizona is still under Governor Ducey's "Stay Home, Stay Safe" order. This order was extended indefinitely in order to slow the spread of Covid-19.

Make sure you are taking all the proper precautions when needing to go out and talking with your supervisors about if and when you it is safe to return to work

The TO Nation is under the same order of staying at home and staying safe. The order does say outdoor activity is permissible so long as physical distancing measure are in place.

# TOCC Times

## What you'll find:

Covid 19 - Reminders **P.1**

Monday **P.2**

Tuesday, Wednesday **P.3**

Thursday, Friday **P.4**

## Avoid the Three Cs

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



### Crowded places

with many people nearby



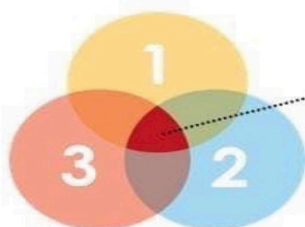
### Close-contact settings

Especially where people have close-range conversations



### Confined and enclosed spaces

with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

## WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.

## DAILY BOOST PODCAST

Start your morning and your week off by listening to "The Daily Boost" Podcast. It can be found on any podcast apps so you can listen right from your phone. It only takes about 15 min to get your head right and you ready for the week

## GRATITUDE JOURNAL

Using a gratitude journal can put you in the right frame of mind to start your day. It is also a great way to reflect on the day that you've had and how you made it great and how you could have made it better. This is a great mental exercise to be honest with yourself and get things going in the right direction right from the start! This is an example of one that you can use but you can buy full journals from amazon and most retail book sellers.

# MOTIVATION MONDAY

LISTEN TO "CHECKING IN IS BETTER THAN CHECKING OUT"  
FROM THE DAILY BOOST

<https://podcasts.apple.com/us/podcast/daily-boost-daily-coaching-and-motivation/id207251905?i=1000470057088>

## TOCC Wellness Gratitude Journal

Date: \_\_/\_\_/\_\_

### Morning Journal:

Today, I am grateful for:

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How will I make today awesome?

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Positive affirmations:

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What will I accomplish today?

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### Evening Journal:

Today's amazing moments were:

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How could I have made this day even better?

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Whose day can I brighten tomorrow?

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Game plan for Tomorrow:

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I am currently feeling:





# TRY IT TUESDAY

As this is National Suicide Prevention Week:

## Check in with somebody

The smallest gesture can mean the most!

# WELLNESS WEDNESDAY

## Suicide Prevention Zoom Talk:

Link will be provided via email,  
@ToccWellness on Facebook &  
@ToccWellness on Twitter



# SUICIDE

A PREVENTABLE PUBLIC HEALTH PROBLEM

Suicide is the second leading cause of death for youths ages 10 to 24, with approximately 4,700 young people dying by suicide annually in the U.S. Suicide is preventable. Armed with knowledge and empathy, you'll know what to look for and how to help someone who may be suicidal.

### KNOW THE SIGNS

Keep an eye out for **"IS PATH WARM"**

**I**deation of suicide  
**S**ubstance abuse  
**P**urposelessness  
**A**nger  
**T**rapped  
**H**opelessness  
**W**ithdrawal  
**A**nxiety  
**R**ecklessness  
**M**ood change

### KNOW SOME OF THE RISK FACTORS

- Family history of suicide
- History of mental disorders (depression, substance abuse)
- Feelings of hopelessness
- Cultural or religious beliefs
- Physical illness or injury
- Family history of child maltreatment
- Impulsive or aggressive tendencies
- Isolation
- Local epidemics of suicide
- Loss (relational, social, work, financial)
- Barriers to accessing mental health
- Unwillingness to seek help because of stigma attached to mental health



### WHAT TO DO?

If you think someone is suicidal, ask them about **"TIPA"**

Are you having **THOUGHTS** of harming yourself?

Do you **INTEND** to harm yourself?

What is your **PLAN** to harm yourself?

Do you have **ACCESS** to things to harm yourself?

### IF THEY ANSWER "YES" TO THESE QUESTIONS OR THEY ARE EXHIBITING WARNING SIGNS OF SUICIDE:

- Don't leave them alone
- Remove any firearms, alcohol, drugs and sharp objects
- Call the U.S. National Suicide Prevention Lifeline, **800-273-TALK (8255)**
- Take them to an emergency room or seek help from a medical or mental health professional

## Try it Tuesday

Find somebody that you haven't talked to in a while and just check in with them. Let them know you are out there if they need anything, just talk with them. Find somebody to connect with!!

It can be the small of a gesture!

## ZOOM MEETING TOPIC

This week's zoom topic is a big one! A suicide prevention talk. Link will be provided over social media.

Suicide is a preventable public health problem and we can address it together!



## Therapeutic Thursday

Listen to the Ted Talk Health on how to start a conversation about suicide with someone.

## Fitness Friday

Yoga is a great way to de stress and release emotions through breathing.

Try these yoga poses for 1 min each 30 sec rest in between. 2 rounds of the 8 poses.

# THERAPUTIC THURSDAY

Listen to How to start a conversation about suicide  
by Jeremy Forbes  
from TEDTalks Health

<http://podcasts.apple.com/us/podcast/tedtalks-health/id470623173?i=1000413225262>

# FITNESS FRIDAY

## FULL BODY YOGA WORKOUT for Beginners *Home Workout*

### 1 Plank



### 2 Three Legged Dog



### 3 High Lunge



### 4 Warrior II



### 5 Peaceful Warrior



### 6 Warrior III



### 7 Chair



### 8 Locust



GROUNDING PANDA

# GREAT JOB ON YOUR SECOND WELLNESS WEEK!