“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.

What you’ll find:
- Covid 19 - Reminders P.1
- Monday P.2
- Tuesday, Wednesday P.3
- Thursday, Friday P.4
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.

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.

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


TOCC Wellness Gratitude Journal

Morning Journal:

Today, I am grateful for:

______________________________________________________________________

______________________________________________________________________

How will I make today awesome?

______________________________________________________________________

______________________________________________________________________

Positive affirmations:

______________________________________________________________________

______________________________________________________________________

What will I accomplish today?

______________________________________________________________________

______________________________________________________________________

Evening Journal:

Today’s amazing moments were:

______________________________________________________________________

______________________________________________________________________

How could I have made this day even better?

______________________________________________________________________

______________________________________________________________________

Whose day can I brighten tomorrow?

______________________________________________________________________

______________________________________________________________________

Game plan for Tomorrow:

______________________________________________________________________

______________________________________________________________________

I am currently feeling: 😊😊😊
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!

**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.

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**KNOW THE SIGNS**
Keep an eye out for "IS PATH WARM"
- Ideation of suicide
- Substance abuse
- Purposelessness
- Anger
- Trapped
- Hopelessness
- Withdrawal
- Anxiety
- Recklessness
- Mood change

**WHAT TO DO?**
If you think someone is suicidal, ask them about "TIP" 
- 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

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**SUICIDE PREVENTION ZOOM TALK:**
Link will be provided via email, @ToccWellness on Facebook & @ToccWellness on Twitter

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**WELLNESS WEDNESDAY**
Suicide Prevention Zoom Talk:
Link will be provided via email, @ToccWellness on Facebook & @ToccWellness on Twitter
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.

1. Plank
2. Three Legged Dog
3. High Lunge
4. Warrior II
5. Peaceful Warrior
6. Warrior III
7. Chair
8. Locust

GREAT JOB ON YOUR SECOND WELLNESS WEEK!