

## COVID-19 Update

### Healthy Habits = Self-Care

VEA appreciates the energy, effort, and time you are spending to support students and families during the school closure! Still, we recognize the overdrive we are all operating in is not healthy for us to sustain. To protect yourself and avoid burnout, thank you for practicing self-care in these and other ways:



#### Take time away from screens:

During the workday, consider the 20-20-20 rule by taking 20 seconds to focus on something 20 feet away every 20 minutes or so to limit digital eye strain. After work hours and on the weekend, leave your devices in another space and put your phone on silent to focus on activity separate from your technology.

**Get moving:** During the workday, take breaks from your workspace by walking or even lunging to another part of your home. After work hours and on the weekend, walk or jog around your neighborhood or find an online exercise video to follow along with.

**Connect with friends:** During the workday, reach out to colleagues to collaborate but also to check in on their health and safety. After work hours and on the weekend, invite your friends to a virtual happy hour using a personal video chat platform to see and enjoy one another's company from a distance.

### Bless the Frontlines

**Send a note. Share a smile. Recognize the service.**

PeaceHealth Southwest is participating in a way to support their healthcare team, inviting the community to write to these empowering individuals, acknowledging their dedication, and thanking them with words of encouragement and positivity. Thank you for taking the time to send a simple email to [BlessingTheFrontLines@PeaceHealth.org](mailto:BlessingTheFrontLines@PeaceHealth.org). Each note will be shared to memorialize this chapter of our shared story.



### Behavioral Health Supports



As we continue working under the circumstances of our "new normal," VEA recognizes many of us are facing anxiety, stress and other challenges related to mental health. We also recognize our mental health

affects our physical health and well being as well. Please remember our insurance plans under the SEBB provide for health support – mental, physical, or otherwise. VEA encourages members to review your respective health insurance plans to fully understand how to access the help you might need and the type of coverage you are provided. Here is a link to the [summary of behavioral health coverage](#) under the SEBB as a starting point.

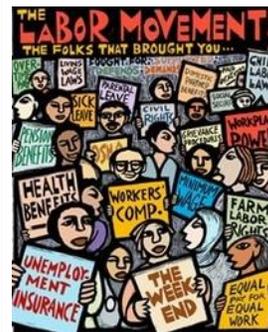
In addition, please remember we are provided free and confidential counseling sessions through the Solutions Employee Assistance program. You can contact Solutions for an appointment at 360-836-8260 or find more details on their [website](#).

### International Workers Day – May 1!

In honor of working people and the labor movement, we celebrate International Workers Day on May 1<sup>st</sup> of each year. As a show of solidarity with working people around the world (especially during this pandemic) and as a way to see and celebrate with one another remotely, VEA invites you to take and submit a photo of your version of [this sign](#) (or another sign of your own making) to share in

Friday's Update and on Facebook!

Please email your photos to [kvannostran@washingtonea.org](mailto:kvannostran@washingtonea.org) by Thursday, 4/30 at 5 PM.



**#UNIONSTRONG #WEAREVEA**