

HEALTH & STRESS MANAGEMENT

SAFETY FOCUS 05



During the COVID-19 global pandemic, two factors to always consider are health and stress management of yourself and each other. Here are some guidelines to assist you in managing your stress and health.

Be productive. Focus on self-improvement.

Having reduced workload or not being able to work is not an excuse to allow yourself to be less productive. Use available time to study your trade and become masters of your craft. There are thousands of free resources to study and learn online. Use the CK Online Training platform to review courses frequently. Not being productive and wasting away your day can cause lack of self-confidence and lead to stress.

Frequently Switch-off from Media.

As the COVID-19 crisis unfolds around the world, it can be intriguing to spend excessive time watching social media outlets or television. You need to force yourself to intentionally switch off for at least a few hours each day. Spend that time re-establishing relationships, develop a healthy hobby or talk to family and friends you care about. It is unlikely that drastic changes will occur in the few hours you spend away from your television or social media. Continuously monitoring the news or media can be upsetting and cause unwanted stress.

Communicate, frequently.

Social interactions play a key role in supporting a healthy mind. When practicing social distancing, it is important to connect with family, friends or colleagues to help lower distress and feelings of isolation. The leadership team routinely practices and highly recommends frequently communicating with each other using digital tools such as Skype or Zoom. Connect with your team members frequently!

Stick with the facts

Fake news, exaggerated data, false information, rumors etc. normally accompany times of crisis. It is important you understand to only participate in sharing facts and information from reputable sources. Local health ministry websites, the WHO (*World Health Organization*), the CDC (*Center for Disease Control*) are examples of trusted information outlets. Do not participate in the sharing of rumors or false information.

Exercise & eat healthy when practicing social distancing

Social distancing can mean you are not allowed to go out, must work from home or spend majority of your time at home. Numerous resources online can teach you ways to stay healthy by performing simple exercises at home. For instance, if you live in an apartment building, you can simply climb the stairs a few times each day to break a sweat and help your body release endorphin hormones that trigger a positive attitude and feeling!

It is also important you remember that lack of activity means you will be burning less calories. Eat frequent smaller portions of healthy, clean, home cooked meals.

Empathy

Stressful times requires each of us to practice the highest levels of empathy and consideration towards each other as team members and towards our friends and family. As we learn to manage our stress and teach ourselves to be strong, learn to be your own leader! Show empathy and care towards yourself while always displaying the same towards your team members. Learn to be a role model!

Benefits of stress & health management

- ✓ Increased productivity
- ✓ Helps to train your mind and body cope when times are hard
- ✓ Release your full potential by boosting your confidence
- ✓ Helps establish a sense of “champion attitude” through the global pandemic
- ✓ Be a role model for your team, family and friends
- ✓ Succeed, don’t succumb to your environment!

For questions or queries please contact the HSE & Compliance Manager at gordon@cezarskitchen.com