



## Health And Wellness During The Coronavirus Crisis

📌 leadership employees pandemic

**Summary:** Your staff's health and wellness is surely one of your top priorities. We offer you some considerations, as you lead your employees through the coronavirus.

During the '70s, crocheted blankets, lava lamps, and TV dinners were all the rage. The Brady Bunch was the show to watch and the Bee Gees were "Stayin' Alive." Did that exercise distract you a bit from today's crisis? That was the intent, as one of the ways to help you with your wellness.

Crises often give leaders many avenues through which they need to lead. The health and wellness of your staff is definitely a top priority for this particular crisis. As we find ourselves past the first few weeks of the coronavirus, it could be a good time to take a deep breath and reassess how to continue to lead your workers through this health calamity.

**Use the oxygen first.** You cannot lead others effectively if you are worn out and sick. So, remember the familiar airplane guidance -- put your oxygen on first and then help others. It may be easier to take care of others, but remember to practice what you preach by adopting physically and mentally healthy habits.

**Keep the routine.** A routine helps many people feel like they are in control. It helps them deal with the uncertainty better and feel more able to tackle challenges. So, remember to advise your staff to keep a routine even when they are working remotely. Getting up at the same time each day and even signing off around the same time can help keep the sense of a regular work routine.

**Find your exercise groove.** Many of us exercised at the gym or in groups (biking, running, hiking, etc.), which is not possible these days. While it may be hard to find a new exercise routine, it is necessary. Remind your staff that the Mayo Clinic advises doing at least 30 minutes of moderate activity a day. There are lots of online exercise classes through YouTube or Facebook Live or they could even dust off those weights and resistance bands.

**Take time with family.** Now that many of us are with our families much more than usual, it is important to take this time to connect. Many employees may feel like they need to be on-call all the time when working from home. But making time to address concerns and comfort family members, especially right now, is of utmost importance for our families to stay emotionally healthy.

**Stock up on healthy foods.** It is often easier to turn to junk food or comfort food when we are feeling stressed. In fact, some research has shown that stress is linked to greater fat consumption. So, the remedy is to buy healthy foods and cook creatively. These days, we have more time to cook, so encourage your employees to make the most of it, maybe even promoting recipe swapping.

**Plan distractions.** According to a survey by the American Psychological Association, 38% of adults who report overeating or eating unhealthy foods because of stress say they do so because it helps distract them from stress. If you can distract yourself from the stress you are feeling, you will not only eat better, but also feel

better. Remind your staff to take time for fun distractions like calling or video-chatting with friends, reading a book, doing some exercises or engaging in hobbies.

We hope these health and wellness tips are helpful.

## COVID-19 IMPACT ON YOUR RESERVE

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