

Staying Safe and Well

Body - Mind - Spirit

The Y believes in the power of inspired young people - and the communities that support them. That includes all of our people and all of you - in body, mind and spirit! Here's a few ideas to help you to stay safe and well as you support others to navigate through these challenging times.

Get back to nature – have a walk with beautiful surroundings around you

Get up and move – every hour move away from your desk, have a stretch and a deep breath

Get that Vitamin D
Step out into the sun

Catch up on zzzz's – have a quick powernap

Take three, long, slow deep breaths

Loosen up – have a stretch

Do a workout – log into Les Mills or try workouts from The Y At Home.

Nurture your body with healthy snacks but forgive yourself when you don't.

Take regular breaks
be kind to yourself

Switch your mind off – meditate, apps like Calm and Headspace are great for this

Be a kid for a bit play around, be silly

Unplug – switch off your devices for an hour

Take a break from the news or social media

Start a compliments file – when someone writes something nice about you or your work, keep it then read it again

Share your workload and worries – remember, you don't have to take all the load on your own shoulders

BODY

MIND

SPIRIT

Help someone else – it could be a neighbour, a Y colleague, a family member or a friend

Connect with young people what do they need from the Y now and in the future...

Ask for help – from a Y peer, your manager is always there for you, and you can always contact the EAP

Do something creative by yourself paint, make music, write, scribble...

Check in with your emotions – how are you feeling – happy, angry, sad – all are fine to feel

Pamper yourself
have a home spa day

Do something creative with others co-creation will lift your spirits and help find better solutions for our future

"We will all get through this pandemic together, so please take care of yourself"

Phil Doorgachurn, Executive Manager