



USAG-HUMPHREYS DHR/ASAP EMPLOYEE ASSISTANCE PROGRAM COPING WITH COVID-19

Special Newsletter: Coping with the COVID-19

April 2020

CORONA VIRUS, NOW WHAT?

Currently, we must all practice social distancing to keep ourselves and our loved one's safe from the coronavirus. That means ensuring to keep about 6 feet of distance between ourselves and others, avoiding crowds, and staying at home.

A lot of us have been affected in some manner by the shutdown, lock downs, and let's not forget those long lines at the PX and commissary. If this was not stressful enough, the gyms are also not accessible and most recently, ration controls on alcohol sales have received higher restrictions.

So, what are we to do now?

KEEP YOUR ROUTINE

It is important to keep and stick to a routine. Eat a healthy diet, exercise, maintain good sleep habits, and manage stress and anxiety. It's also important to practice good hygiene and know steps to take to protect yourself from germs.

"GET CREATIVE!"

Just because the gyms on post are closed doesn't mean you have to give up on your workout routine. Find fun ways to get your sweat on! You can still run outside and

keep active around the base so grab a friend and get moving.

There are also workout routines on Instagram and Facebook that people are posting to give you some ideas! This is your chance to get creative and try new ways to get a really great workout. You don't necessarily need gym equipment. Bodyweight workouts are also great (see resource pages for sample workouts)!

A lot of us are feeling mixed emotions with stress, anxiety, and even angry. This is OK! The few months have been very challenging and the "unknown" factor for most of us on a day to day basis and feeling trapped can be a challenge with in itself.

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Image by NickyPe from [Pixabay](https://www.pixabay.com/)

Family Activities to Do During COVID-19

Here are so many things you can do during this time at home...you are only limited to your imagination!

Get outside and play!

- Take a nature walk.
- Join your children outside for a game of hide and seek, kick the can, or a scavenger hunt around the neighborhood.
- Take your dog for a walk or visit the local playground.
- Start planning your summer garden!
- Go for a jog!
- Create an obstacle course with toys and games from your garage.

Explore More Indoors!

Have a local library card? Check to see what is available for you to check out and how to download eBooks! Read aloud to each other, read silently, or take turns reading to each other.

Start a virtual book club! Choose a book and start an online chat with your friends.

Play games indoors! Games for younger children include Simon Says, Duck Duck Goose, or Follow the Leader. Older children can play I Spy, charades, indoor bowling, or make up new games.

Try a new recipe or make dinner as a family; find recipes and tips for cook with children safely on the Cooking with Kids webpage.

Read a chapter book together and discuss the characters and plot and ask questions to encourage critical thinking



Image from Victoria Borodinova at [Pixabay](https://pixabay.com/)

Pop some popcorn and cuddle up for a movie marathon.

Turn up the volume and have a family dance party!

Make a scrapbook of souvenirs from a previous vacation.

Get the creativity flowing! Give your kids art supplies such as crayons, colored pencils, markers, or paints to create show pieces for your home. Put the artwork on your fridge or hang them around your house and host your very own art show.

Can't get to the gym? Try an online workout or virtual yoga instruction! Or get the family together to make up your own workout or dance routines.

Give everyone a task and get a jump on spring cleaning!

Wish you were at the spa? Take a bubble bath and follow it up with a home manicure or pedicure. Family game night! Hold a Monopoly tournament or take that puzzle off the shelf.

Computer Fun!

Challenge yourself with computer games at PBS Kids.

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The 10 Best Sites for Free College Courses Online

[Megan Ellis](#) April 3, 2020 Updated April 3, 2020 03-04-2020

Interested in accessing free college-level courses while at home? Here are some of the best sites to take free online college courses.

1. [EdX](#). EdX is one of the largest massive open online course providers in the world, giving over 14 million users access to free courses from universities.
2. [MIT OpenCourseWare](#). Massachusetts Institute of Technology (MIT) was a pioneer in offering online college courses.
3. [Carnegie Mellon OpenLearning](#). Carnegie Mellon University provides free online courses for anyone wishing to access them.
4. [Coursera](#). Coursera is another online learning platform through which many universities and companies offer their open courses.
5. [Stanford Online](#). Stanford Online is the website through which Stanford University offers all its online courses.
6. [FutureLearn](#). FutureLearn is another

Family activities , continued from page 2

Are your children missing their school friends or other family members? Set up a virtual playdate with their friends or connect with family members living afar via video chat.

Search YouTube for video tutorials on how to draw, learn a foreign language, or how to make those repairs you have been putting off!

platform that offers courses from universities and organizations around the world.

7. [OpenLearn](#). The OpenLearn platform offers content from The Open University—a university that pledges to be open and offer free learning to as many people as possible.
8. [Harvard Online](#). If you're interested in courses from Harvard University, the institution offers many through its online portal.
9. [OEDb.org](#). The Open Education Database (OEDb.org) isn't its own college, but rather a site that helps you explore free online classes from universities. It's essentially a search engine for online courses.
10. [Class Central](#). Class Central is another free college course search engine that is user-friendly and easy to sort through.

From [Makeuseof.com](#).

Veterans and caretakers of veterans, be sure to check out [VA Mobile](#), which aims to improve the health of Veterans by providing technologies that expand clinical care beyond the traditional office visit.



COVID-19 Tips to MASTER STRESS



Maintain Health

Do your best to maintain a healthy diet, exercise regularly, and get adequate sleep.
<https://PS.amedd.army.mil>



Access Virtual Platforms

Connect with family and friends you trust through virtual opportunities (e.g., Skype, FaceTime, Messenger, phone, etc.) to prevent feeling isolated.



Stay Informed

Use reliable sources such as www.coronavirus.gov, www.who.int/coronavirus, <https://www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus>, and your local health department. Limit the time you and your family spend watching or listening to media coverage (including social media).



Take Breaks

Pause throughout the day and check in with yourself (e.g., meditation, prayer, deep breathing, stretching, yoga).



Engage Behavioral Health Resources

It's normal to feel stressed or emotional during a crisis; but if you're feeling overwhelmed or feel stress is interfering with your relationships or daily activities, contact your local Behavioral Health Clinic, who are offering telehealth for support. Military OneSource, <https://www.militaryonesource.mil>, may also be a helpful resource.



Relax

Make time to unwind and engage in activities or hobbies you enjoy and can still practice while home. Now may also be a good time to try out new hobbies or activities!



Step Outside

Take advantage of the outdoors while still practicing social distancing (e.g., work in the yard, take a walk, hike along an uncrowded trail, read on a porch).



Take Care of Each Other

Check in with people who might not have a local support system or who may need a little extra care during this time.



Reassure Children and Older Adults

Reassure them that they are safe. Let them know it is ok to feel upset or nervous. Share the way you manage stress so that they can learn from you how to cope.



Engage in Gratitude

Maintain a sense of hope and optimism. Writing out a list of things you're grateful for can have profound impacts on physical and psychological health, happiness, and a sense of satisfaction.



Sustain Routines

Maintain daily routines as much as possible, especially for children who are out of school or daycare. Create a schedule with learning and fun activities.



Substitute Healthy Coping Strategies

If you feel overwhelmed, manage emotions and stress by taking a walk, reading, writing, deep breathing, etc. instead of using tobacco, alcohol, or other drugs.



TA-512-MAR20
03/23/2020

For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:
Call 1-800-874-2273 option #1

or visit <https://www.health.mil/Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.

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Public Health
Prevent. Promote. Protect.
U.S. ARMY PUBLIC HEALTH CENTER

The Army COVID-19 Information Hotline:

Call 1-800-984-8523,
Overseas DSN 312-421-3700,
Stateside DSN 421-3700

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Support and Resources During the COVID-19 Pandemic

As we continue to support people during the COVID-19 crisis, it's normal and expected that the stress of this pandemic is also impacting you. It can be harder to support callers right now, especially when their concerns are centered around an issue that's also affecting your life. We believe in the philosophy of putting on your own oxygen mask before helping others; your well-being is critical for yourself, your loved ones, and the callers you support. To help you manage the stress you may be feeling, we've pulled together this list of resources.

We appreciate the crucial work you're doing and hope these tools help you navigate through this stressful time.

Staying informed

- **CDC Coronavirus Disease 2019 Website:** [cdc.gov/covid19](https://www.cdc.gov/covid19).
- The most up-to-date information on the coronavirus and the CDC's response.
- Tip sheets on the website are available in English, Spanish, and Simplified Chinese.
- **SAMHSA Tip Sheet:** [Coping with Stress During Infectious Disease Outbreaks](#).
- **SAMHSA Tip Sheet:** [Taking Care of Your Behavioral Health – Tips for Social Distancing, Quarantine, and Isolation](#).
- [What Therapists Tell Patients Who Are Anxious About Coronavirus](#).
- **Suicide Prevention Resource Center:** [Supporting mental health and coping during COVID-19](#).

Physical activity

- Step away from your desk/computer when you're not taking a shift.
- Getting outside if possible in your area to go for a walk or get fresh air.

- Get up and stretch at least once an hour. Set alarms if helpful.
- Check out all the free exercise and yoga videos from gyms, studios, and fitness apps or free YouTube yoga and exercise videos.
- Exercise has a number of mind-body benefits, including anti-inflammatory effects on brain function and cortisol levels, which can positively affect mood.
- Planet Fitness is offering free "Work Ins" live every night at 7 pm on [FB live](#) and archived and available for anytime on their [YouTube channel](#).
- Small, doable projects like cleaning out and organizing drawers, closets, art supplies.
- [Desk stretches](#). Stretches you can do at your desk to relieve tension.

Relaxation/Distraction Tools

- [Safe Space](#). Our new site with calming music, interactive visuals, and links to helpful resources.
- [Body scan meditation](#). Three-minute guided meditation.
- [Music and meditation from Calm](#). Calm has released several music and meditation tracks here that don't require a log-in to access.



Image available at Pixabay

JUMP FOR JULY

BODYWEIGHT WORKOUT

10 combo 2 squat jumps + burpee

20 supine flutter kicks

10 shoulder tap push ups

Repeat 3x, rest 60 seconds between rounds.

10 knee drive lunges (each leg)

10 super mans

10 combo 2 frog jumps + 5 mtn climbers

Repeat 3x, rest 60 seconds between rounds.

10 combo 2 broad jumps + 5 high knees

10 sit up with reach overhead

20 speed skaters

Repeat 3x, rest 60 seconds between rounds.

www.peanutbutterrunner.com

Corona Virus, Now What?, continued from page 1

But do not worry, there is help! There are resources listed for everyone so hopefully there is something of value for each and every one of you.

Make sure to validate the feelings you are having because chances are you are not alone in those emotions. Just make sure you are coping in a

safe and healthy way.

Do you need further assistance with resources or have additional questions?

Please call the Employee Assistance Program Coordinator, Ms. June Park @ DSN 755-1086 or 010-4305-8212.

NO-EXCUSES WORKOUT

WARMUP: DO EACH MOVE FOR ONE MINUTE

High Knees • Jumping Jacks
Run in Place • Jump Rope
Skip in Place

**WORKOUT: REPEAT EACH CIRCUIT THREE
TIMES BEFORE MOVING TO THE NEXT**

CIRCUIT ONE

20 Squats
15 Squat Jumps
10 Burpees

CIRCUIT TWO

20 Mountain Climbers
15 Push-Ups
10 Bridges

CIRCUIT THREE

20 Alternating Lunges
15 Plié Squats
10 Calf Raises

CORE WORK: DO EACH MOVE FOR ONE MINUTE

Russian Twist • Elbow Plank
Bicycle Crunches • Superman

Local Resources

Behavioral Health

- 0503-337-5668/ DSN 737-5668 (available to conduct sessions on ZOOM & WHATSAPP)

Substance Use Disorder Clinical Care (SUDCC)

- DSN: 737-5840 (available for Zoom & WhatsApp sessions; please call for info)

Employee Assistance Program Coordinator*

- June Park [755-1086/](tel:755-1086) june.h.park.civ@mail.mil

Religious Support

- After hour emergency/weekend on call 010/9496-7445 and DSN 754-7270 for on call Chaplain

Dial 911

- (ON POST DSN ONLY)

Off Post

- [031-690-7911](tel:031-690-7911)

Family Advocacy Program

- DSN: 757-2365/6

Domestic Violence Victim Advocate Emergency Services

- DV Hotline @ DSN 153 or 757-8913. [This hotline is manned 24/7](#)

Sexual Assault Hotline

- On Post DSN: 158
- Off Post/Cellphone: 0503-363-5700



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Employee Assistance Program

*EAP provides privacy and confidentiality, short-term counseling - brief solution focused problem solving, community referrals, and coordination with alcohol/drug treatment management consultations.

Also provides training and individual sessions focused on interpersonal work skills: such as Stress Management, Anger Management and Improving Workplace Relationships and groups such as, Informal Conflict Resolution and much more...

Eligibility: All DoD civilian employees • DoD contractors • NAF employees • Family members of active duty personnel, DOD civilian employees, DoD contractors, and NAF employees.