



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

Healthy Telecommuting: Staying Social & Safe

Taught by the Harris Health Employee Wellness Team

Healthy Telecommuting Series

- Healthy Workspace
- **Staying Social & Safe**
- The Importance of Routine
- Staying Active at Home

Outline

- Keep physical distance, not social distance
- Things to keep in mind during this time
- Resources

Keep Physical Distance, Not Social Distance

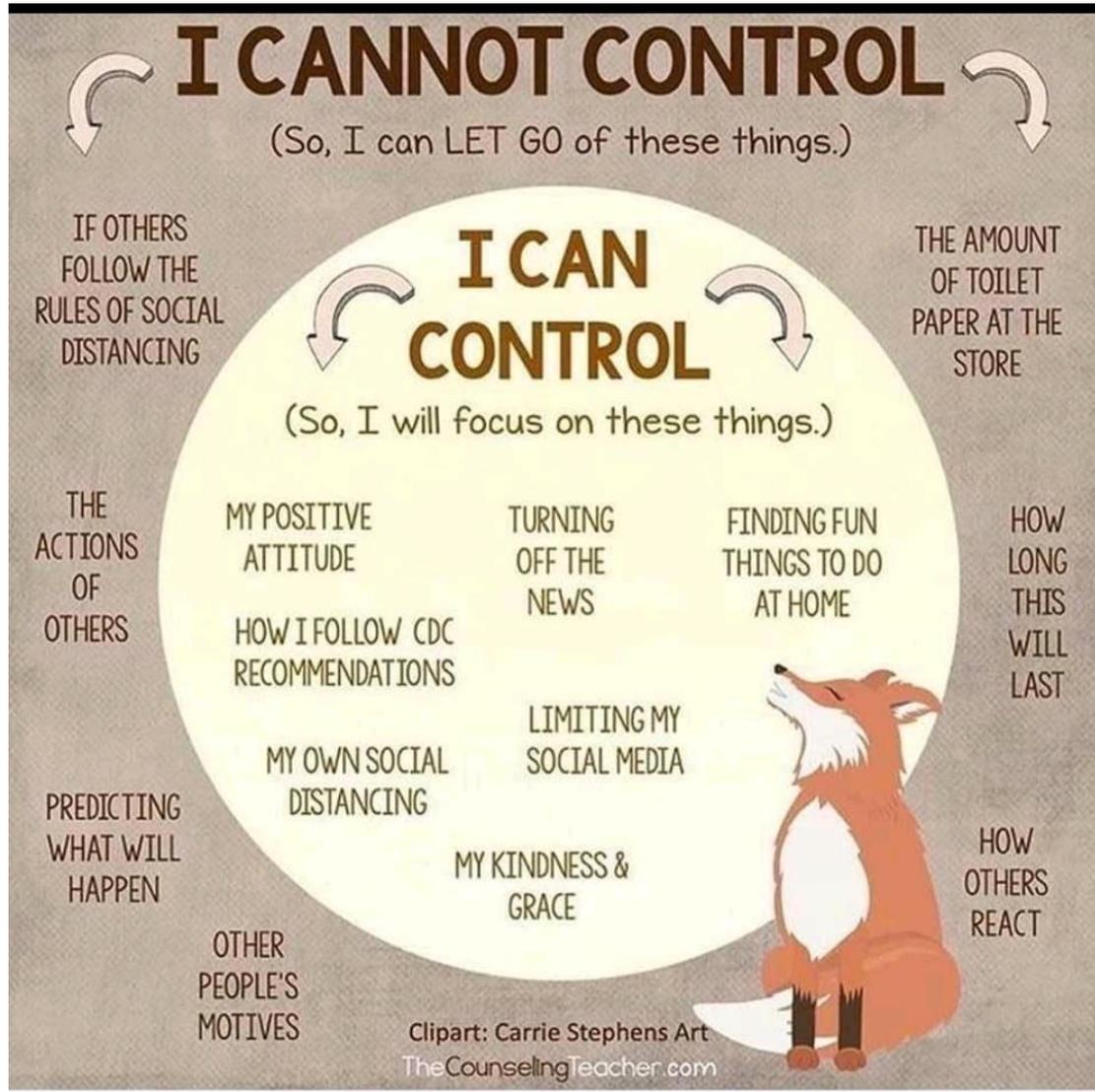
Neighborhood Zumba

Keep Physical Distance, Not Social Distance

- Limit emailing –
 - Call & use Webex to talk to your coworkers
 - Activate your webcam!
- Call or send voice notes
- Setup a time for a group video chat with friends
- Have a video dinner with friends/family
- Host a virtual movie night
- Attend a livestream group exercise class
- Create a group text
- Strengthen weak connections
- Join a support group via social media

Things to Keep in Mind

- Not much to say? That's ok.
- Frequency > Duration
- Help people who struggle
- Feeling lonely is ok
- Be patient with yourself and others



Resources

Social Connection Resources

- Video Chat
 - Google Hangouts/Duo
 - Skype
 - FaceTime
 - Zoom
 - Houseparty
- Group Text
 - WhatsApp
 - GroupMe
 - SMS group
- Virtual Group Exercise (More resources in Class 4)
 - YMCA
 - YouTube
- Movie Night
 - Netflix Party

Stress Management Resources

- Employee Assistance Program
 - Online: www.feieap.com,
 - Username: hhs
- Well Powered Living
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

Contact Us!

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