



## ***Working Remotely: Tip of the Week***

May 11, 2020

### Mind Full or Mindful?

As we enter week 8 of working virtually, and at a time when everyone is experiencing varying degrees of physical and emotional toil, being aware of self-care strategies and resources to reduce our stress and responses is increasingly important and valuable.

Social psychologists note there are three channels that we use to process information, and with various strategies can be used to calm our anxious minds and bodies.

- **Cognitive** – stick with facts, be aware of cognitive bias, label your feelings, set boundaries for exposure to news.
- **Emotional** – “Name It to Tame It”, ride the wave, reflect, feel it in your body.
- **Sensorimotor** – This is about breathing and our need for movement, touch.

Montgomery College has a range of excellent resources to support self-care strategies, including professional support available in our health insurance plans.

Finally, at a time when we are all working remotely, please remember to stay connected and be mindful of the difference between Social Distancing and Social Disconnection.

For more Tips on working remotely, please visit <https://bit.ly/mc-remote-working-e>

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