

# fseap SOLUTIONS

## Challenges of Working Remotely

If you are new to working remotely, then you are discovering the challenges that come with it. The most frustrating are distractions. As soon as the last one is gone, the next one appears. To deal with distractions, rely less on willpower and more on strategies for each one. Start by keeping a list of distractions you notice. How many did you find or experience, such as dings from email, TV and radio, pet needs, social media, phone calls, text messages, wandering thoughts, and leftover pie that calls out to you? Next, decide on an intervention for each one. If you still struggle, try setting a kitchen timer for 10 to 15 minutes of solid chunks of work time that you blast through—then repeat.



## Grief, Loss, and the Pandemic

Those needing to attend or arrange funerals are facing extreme challenges because of social distancing and travel restrictions related to COVID-19. These circumstances can make grief and loss worse. Thoughtful and effective answers to almost every question imaginable about funerary services and COVID-19 can be found at [www.rememberingalife.com](http://www.rememberingalife.com), with new content posted by the National Funeral Directors Association. You will find the answers about communication, support, grief, overcoming long-distance challenges, funeral options, safe viewing processions, planning, leveraging technology, holding multiple small ceremonies, and dozens of other issues.



## Have a Team Refresher Meeting

Will you need to reenergize your team after months of social distancing? Consider a refresher meeting: 1) Meet with your team and reaffirm that trust and open communication with each other is the mutually desired goal. Have each member discuss what this means to them. 2) Ask if there are any outstanding issues that need to be discussed. For example: a) Do we have any unresolved concerns about communication between ourselves or management? b) Do our duties or roles need clarifying? c) Are resources to do our jobs lacking? d) Do any roadblocks exist to impede our work at this time? Spend a few minutes during meetings revisiting these questions, and then periodically in the future. Your team will bounce back fast.



## Parenting Stress, Isolation, and Coronavirus

Many national associations for child abuse prevention are concerned about incidents of child abuse being underreported during the COVID-19 pandemic. School closures, child care centers, and other programs are not open or operating. Typically, this is how adults outside the home spot signs and symptoms of abuse and make reports. Are you a parent who needs more parenting support or at least great ideas for child behavior management? Find hundreds of ideas at [www.preventchildabuse.org/coronavirus-resources](http://www.preventchildabuse.org/coronavirus-resources). (You will also find great ideas for taking care of, and even pampering, yourself during this difficult time.)



## Managing Workplace Criticism

No one escapes occasional criticism at work. But with a few steps, you can face it like a champ, gain from it, and decrease the “ouch.” Virtually all criticism produces tension, so remaining unflustered shows your professionalism while making the impression you want. Get this far, and other steps to success will fall in line. Remember you have control over accepting “what fits” as true about the criticism and what does not. Knowing this, view any criticism as a free gift. This will inspire an attitude that elevates your reputation. Our positive self-evaluations often hide our ability to see fully how well we perform, but you will triumph from criticism when you welcome rather than fear it.

## Prevent ARDS Effects of COVID-19

Are you still considering an exercise program or attempting to motivate yourself to get fit? Here’s some motivation: New research shows that regular exercise can protect you against acute respiratory distress syndrome (ARDS), a possible complication of COVID-19. Avoiding ARDS can keep you off a ventilator. The myth about ventilators is that they help you breathe, and when you are well, you go home without any issues. Not exactly. A ventilator often leads to other complications, including damage to the lungs. The older you are, the higher this risk—along with the possibility that it can’t be removed. If the ventilator is successfully removed, risk of death from respiratory-related health problems later is also higher. COVID-19 is going to be around for a while, so if you are struggling to find the right exercise program, speak with an exercise coach, health advisor, doctor, or EAP.

Source: [www.uga.edu](http://www.uga.edu) (Search “ventilator elderly”) and [www.news.virginia.edu](http://www.news.virginia.edu) (Search “COVID exercise”)

