

Lower Columbia College  
Red Devil Wellness | Issue No. 6

# BE KIND TO YOURSELF

We are all adjusting, so give yourself some grace during this time. Here are some tips and tricks to help you through it:

Getting proper sleep helps you build your immunity. Check out this free [Sleep Master Class](#) from Dr. Mark Hyman

Have you looked at the [training list](#) HR put together? It also includes work from home tips!

It is important to fuel your body with healthy food and stay on a routine during this time. Why not try a new healthy [recipe](#) from Brit + Co?

# Prevent the spread of COVID-19 in 7 STEPS

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



# FREEBIES!

Many companies are offering free or affordable courses and more during this time! Pick up a new skill or just relax with some music

Pick up a new skill with two free months of [Skillshare](#)

Stream [SiriusXM](#) free through May 15th

Stay active with [Daily Burn](#) - offering 30 days of free home workouts

[Quibi](#) is a new streaming service that offers fresh content from today's top talent. Enjoy as 30 day free trial if you sign up before April 30th!

Travel virtuality and take a tour of the [Sistine Chapel](#) in Italy

# MENTAL HEALTH

IS JUST AS IMPORTANT AS

# PHYSICAL HEALTH

The spread of COVID-19 in our communities is causing a lot of extra anxiety and stress. Please remember that the Employee Assistance Program (EAP) is available for LCC employees.

We have counseling available for Lower Columbia College students. We are here to listen and help you through this difficult time. Our counselors are available through phone and Zoom.

For more information please call or email at: (360) 442-2342 or [lcromwell@lowercolumbia.edu](mailto:lcromwell@lowercolumbia.edu) and we can schedule you an appointment either by phone or through Zoom if you would prefer.