

CONCLUSION

Every Little Action Helps

We close this guide by posing a question to us all - how can we all help our local communities and, in doing so, help the world recover from COVID-19? We can't all be medics, transportation drivers and IT experts. But we have other skills – physical and mental.

Volunteer professional or amateur skills. We can volunteer to help organisations with their day-to-day work, so they can concentrate on making the world healthy again.

Share the money. Maybe you used to do all your food shopping in one supermarket? Now we can consciously shop in three or four places, dividing our spending among different retailers, small and large – so everyone can benefit. This applies equally to office or work supplies as it does to our personal budgets.

These ideas aren't new, and they're certainly not scientifically tested, but they "feel" right. So, they have a third benefit, making us feel healthy in spirit.

Data Cited in this Guide

More than 1 in 3 professional service employees in Hong Kong experienced mental ill health while in employment (slide 4) - http://www.cmhahk.org/wp-content/uploads/2019/05/20190125-Mental-health-in-the-workplace_EN_WEB.pdf
3 Major Gaps in Mental Health Support at Work (slide 5) - http://www.cmhahk.org/wp-content/uploads/2019/05/20190125-Mental-health-in-the-workplace_EN_WEB.pdf

Online Resources Mentioned in this Guide

Handwashing Lyrics
[Washyourlyrics](#)

Exercising at Work
[Snacknation Office Exercise](#)

Liverpool FC Exercises
<https://www.facebook.com/LiverpoolFC/videos/545345273047662/>
<https://www.facebook.com/67920382572/videos/791909034548281>
<https://www.facebook.com/67920382572/videos/236986270981705>
<https://www.facebook.com/67920382572/videos/221405942619168>

Mental Health Apps
[Breathe2Relax](#)
[Calm](#)
[Happify](#)
[Headspace](#)
[Mind Guru](#)
[Mood Gym](#)
[Reflectly](#)
[Smiling Mind](#)

Podcasts
[The Brendon Show](#)
[BBC Radio 4 Quiz](#)
[Coronavirus: Fact vs Fiction with Dr Sanjay Gupta](#)
[Curious With Josh Peck](#)
[The Daily Show with Trevor Noah](#)
[Dear Hank and John](#)
[Home Cooking](#)
[Jimmy Kimmel Life](#)
[MentalMusic](#)
[Radiolab](#)
[The School of Greatness](#)
[Science Friday](#)
[Stuff You Missed in History Class](#)

Other Useful Health and Leadership Resources

Anxiety

Coping With COVID-19 Anxiety: Frequently Asked Questions (Source: [Columbia University](#))
Mental Health and Coping During COVID-19 (Source: [CDC](#))
Coronavirus Anxiety: Coping with Stress, Fear, and Worry (Source: [Help Guide](#))

Burnout

Avoiding Burnout (Source: [MindTools](#))
Burnout Response (Source: [Workplace Strategies for Mental Health](#))
Preventing Burnout Among Healthcare Employees During Past Pandemics (Source: [Psychiatric Services](#))

Child Care and Parenting

Advice for Caregivers of Children with Disabilities in the Era of COVID-19 (Source: [APA](#))
Tips for Parents on Coping with COVID (Source: [Columbia Psychiatry](#))
Top 10 guidelines on How to Help Children Navigate COVID-19 (Source: [UCLA Health](#))

Fear, Worry, and Stress

Coronavirus Anxiety: Coping with Stress, Fear, and Worry (Source: [Help Guide](#))
Employees: How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic (Source: [CDC](#))

Financial Concerns and Job Security

How to Navigate the Financial Stress of COVID-19 (Source: [Psychology Today](#))

Infection Fears

Coping with Coronavirus: Managing Stress, Fear, and Anxiety (Source: [NIH](#))
Coping with Outbreak Stress (Source: [CDC](#))

Media Overload

Social Distance from Social Media: 6 Practical Tips for Surviving COVID-19 Information Overload ([MassBio](#))
Preventing Information Overload in the “Always On” Workplace (Source: [Sodexo](#))
Communication Technology Tips for Staying Fully Charged (Source: [Sodexo](#))

Physical Wellness & Stress Management

Simple Desk Exercises (Source: [Posture People](#))

Resilience

Building Your Resilience (Source: [APA](#))

Supportive Leadership

Lead with Empathy During the COVID-19 Crisis (Source: [The Conversation](#))
How Leaders Can Maximize Trust and Minimize Stress During the COVID-19 Pandemic (Source: [APA](#))
The Heart of Resilient Leadership: Responding to COVID-19 (Source: [Deloitte](#))