



# WHERE IS MY MIND?

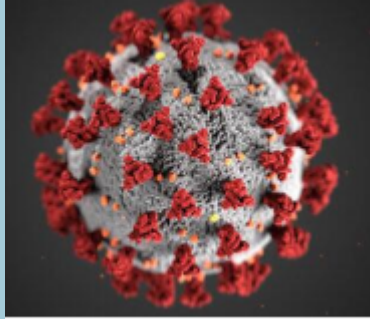
Wellness Wednesday Series

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SEBbio





# W.H.O.??



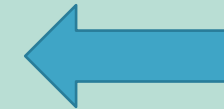
## The World Health Organization recommendations:

- Stay connected and maintain your social networks
- During times of stress, pay attention to your own needs and feelings
- The near-constant stream of news reports can cause anyone to feel anxious or distressed; limit the influx of information to a manageable volume



**WOOHOO!  
I GET TO  
WORK FROM  
HOME!**

This is what you *think* it's  
going to look like...



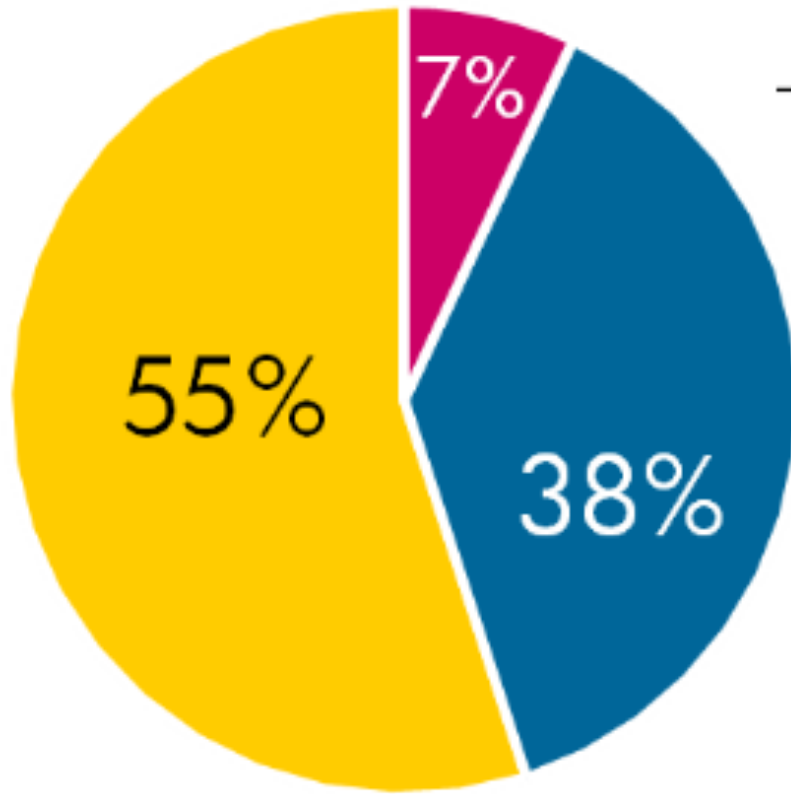


**BUT IT  
BECOMES  
THIS:**

# LONELINESS. ISOLATION. DEPRESSION

- Studies show that working remotely can cause people to feel isolated and lonely
- Now is not the time to ignore the signs of depression
- It is not a sign of weakness: strong people are self-aware
- Loneliness and isolation can lead to depression
- If you are feeling this way, you can guarantee that others like you are, as well

# HOW COMMUNICATION WORKS



Dr. Albert Mehrabian's 7-38-55% Rule

## Elements of Personal Communication

- 7% spoken words
- 38% voice, tone
- 55% body language

Without **BODY LANGUAGE**, the visual or physical component, much of our communication is either difficult to establish or lost entirely.

- Emotion
- Compassion
- Eye contact
- Smile
- Genuineness of the communication

# THANK GOODNESS FOR TECHNOLOGY

Zoom, RingCentral Meetings (*powered by Zoom*), Microsoft teams, Skype, Adobe Connect, WebEx, and so on...

It really helps to bridge the gap for business *and* social interaction



# VIRTUAL SOCIAL HOUR

- Implement social hour via your company's video platform
- Inviting spouses and significant others
- Virtual games/activities:
  - Scattergories
  - Pictionary
  - Trivia
  - In-home scavenger hunts

# STRESS AND TIME MANAGEMENT

- Set reasonable stop and start hours
- Set *flexible* boundaries
  - Just like personal things come up during work hours that must be handled right then, business things can arise during your personal time. But don't let the hours blend so much that you have HYBRID 24 hours every day.
- Take care of your health-now is not the time for everything to go off the rails 😊
  - Get plenty of sleep
  - Continue to maintain (or embark on) a healthy eating strategy
  - Exercise regularly
    - It could be bike riding in the neighborhood, lifting weights, swimming, or just taking the dogs for a walk.

# TIPS TO REDUCE ANXIETY IN ISOLATION

- Go outside multiple times during the day
- Open your blinds
- Decorate your home office setting in an appealing way-whatever that may look like to you
- Buddies-at SEMbio, we paired up recruiters on a rotating basis every two weeks.
  - Their job is to be each other's BFFs for personal and professional wellness.
  - At minimum, we check in with each other at the beginning and end of each work day.



# MUSIC

*(And if you really know me, you knew this was coming)*

Studies show that music acts as a medium for processing emotions, trauma, and grief—but music can also be utilized as a calming agent for anxiety and stress!

- **Action tendency.** Music often creates strong action tendencies to move in coordination with the music (e.g., dancing, foot-tapping). Heart rates speed up or slow down to become one with the music.
- **Emotional Mimicry.** Music can evoke emotions. Our reactions can mirror what the music expresses, like sadness from sad music, or cheer from happy music.
- **Mood regulation.** People use music to achieve multiple types of goals:
  - Energize
  - Improve focus
  - Reduce boredom



**And the final, if not  
most important  
recommendation:**



# Inhaler:

## *It Won't Always Be Like This*

**Inhaler** have been holding on to six words since they were teenagers. “*It won’t always be like this,*” they first told us in a song written about a break-up almost a decade ago, a phrase which earned richer meaning last year when the world shut down and all we could do was wait it out.

The Dublin band re-recorded ‘It Won’t Always Be Like This’ – now much better showcasing the dynamic vocals of frontman Eli Hewson (a dead ringer, sonically, for his dad **Bono!**) – as the title track and opener of their debut album. It’s a galvanizing introduction that sets the tone for the record that follows: full of defiance, optimism and plenty of guitars.

*\*review courtesy of NME.com*

Enjoy!

*Currently available on all streaming platforms!*





And yes, that was most definitely a shout-out to **The Pixies** in this presentation's title.

(“Where is My Mind” is on *Surfer Rosa*, but *Doolittle* is legendary and the album's cover art isn't quite as inappropriate)