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### Introduction

We're all in this together. Now that COVID-19 has impacted all states in the nation, the National Association of Extension 4-H Youth Development Professionals (NAE4-HYDP) proactively determined a need for Extension professionals to virtually gather weekly. As a result, the NAE4-HYDP Creating a Healthier You Working Group created "Feel Good Fridays," a webinar series focused on uplifting members by spreading positivity and mindfulness strategies.

On the first NAE4-HYDP "Feel Good Friday" webinar, participants were asked to complete a poll to share three words that described their current feelings as they cope with COVID-19. As you can see from the initial participant poll on March 27, 2020 representing 74 respondents (70% response, n=106), we're all sharing similar emotions of feeling overwhelmed, stressed, tired, and anxious.



## Strategies for Coping

During this time, participants also shared ways they're coping while working from home and adjusting to their new reality. 71 respondents (70% response, n=106)



The NAE4-HYDP Creating a Healthier You Working Group would like to provide some tips to make this difficult time a little less stressful. While this list is not all-inclusive, it is a compilation of ideas and thoughts from the NAE4-HYDP Creating a Healthier You Working Group and the webinar participants during this first “Feel Good Friday” session.

### Set a daily routine.

- Get up and get dressed as normal
- Honor typical meal times
- Establish your workday (start and end at the same time each day, if possible)
- Help kids by honoring a schedule that is similar to their typical “normal school” day
- Set office hours and at the close of the day, close your computer (or pack up your office if it's on your kitchen table)

### Create a workspace that is your own!

- Consider setting up your desk similarly to your desk at the office, if needed.
- Consider the tools that help your success at work. Can you add them to your home office? (i.e. wireless computer keyboard and/or mouse, standing desk, multiple computer monitors, tablets, external drives, etc.)

- Ask your administrators if you can relocate office supplies to your home during the pandemic.
- Consider University policies, procedures, and accommodations regarding supplies, check-ins, equipment, telework, etc.

**Find ways to prioritize your needs and create your plan accordingly.**

- Invest in a notebook to jot down needs, ideas, opportunities, tasks, etc.
- Prioritize importance versus urgency. Take a look at completion time and organize it within your days.
- Find times for reflection (and to remove items from your lists/notebook.)

**Connect with others.**

- Organize office (and relative) meet-ups via online platforms (such as Zoom, Google Meet, etc.)
- Have “face time” through online sessions.
- Expressing closeness through air hugs and air high-fives
- Reach out to community partners to check-in and offer assistance

**Find time to focus on yourself.**

- Create a gratitude jar
- Find time for positivity and appreciation!
- Reflect and find time to be grateful.
- Consider baking
- Develop hobbies
- Find peace in your situation

**Go outside every day!**

- Take a walk after work to decompress and jump-start family time
- Write with chalk on sidewalk or driveway (this will not only bring joy to your personal space, but to your neighbors as well)
- Enjoy a family campfire
- Go for a bike ride, push strollers, etc.
- Start gardening...consider sharing produce with neighbors

**Practice patience with each other.**

Consider the situation of others. Showing grace and compassion is more important now than typically. Remember that people have various competing priorities from caregiving needs, sickness, first-responding spouses/partners, children at home, etc.

**Remember all the things we know about a healthy lifestyle!**

- Remember to balance variety in our meals
- Stay hydrated
- Practice positivity
- Stay physically active

**Take control of your situation!**

- Get essential health documentation together and ask yourself the tough questions: Do you have a living will, health surrogate, etc.?
- Empower yourself to connect with family about their health documentation and plans.

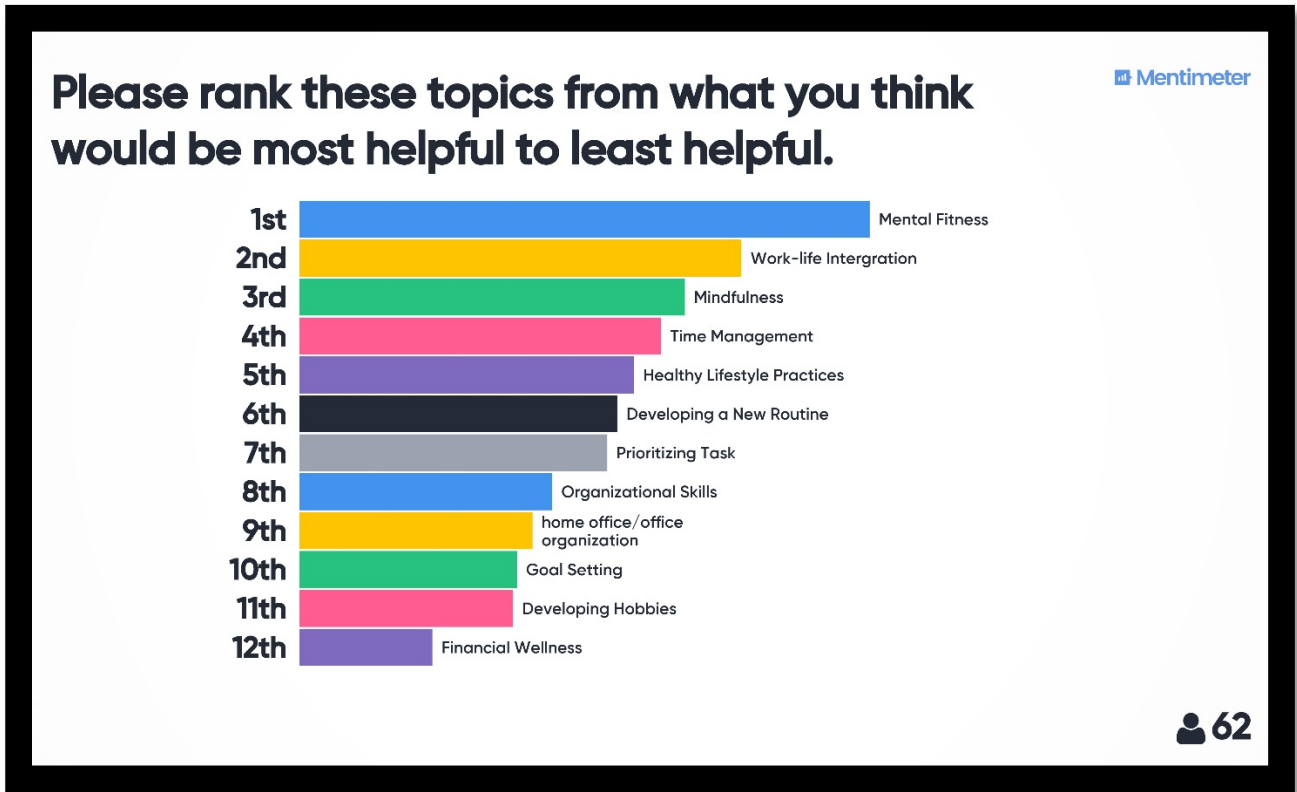
**Consider what works for your family:**

- Allow your children to sleep in (if it doesn't interfere with their school day.)
- Work side-by-side with your children or consider adjusting hours to best sync work and school days.
- Solicit help! - find a relative or hire a sitter. Also, consider alternating schedules with your spouse/partner.
- Offer special opportunities for youth learning (i.e. offering physical education - with animals and kids), arts and crafts, experiential learning opportunities, music, play

**Continue to participate in Feel Good Fridays from NAE4-HYDP (through May 1 or longer)!**

**Next Steps**

Participants were asked to rank 12 pre-selected topics, based on the order of their needs for future sessions. 62 respondents (58% response rate)



## 4-H Home-Learning Resources

Resources were shared by session participants for the benefit of the group. The following resources can assist others with engaging youth in 4-H programming at home.

Georgia 4-H educational activities

<https://georgia4h.org/about-us/resources/activity-resources/>

Iowa 4H at Home

<https://www.extension.iastate.edu/4h/4h-at-home-learning-resources>

Nebraska 4-H Boredom Busters and Living Room Learning

<https://4h.unl.edu/boredom-buster-challenge>

<https://4h.unl.edu/living-room-learning>

New Jersey 4-H webinar series for remote fun and learning <http://nj4h.rutgers.edu/4h-from-home/>

South Carolina 4-H @ home

<https://4hathome.eventbrite.com>

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The Creating a Healthier You Working Group members that facilitated the “Feel Good Friday” session included Wanda McLocklin, the University of Georgia; Heather Janney, the University of Florida; Becca Fint-Clark, West Virginia University; Kasey Hall, the University of Georgia; Nicole Crawson, the University of Florida; Tonya Price, Virginia Tech; and Keri Hobbs, the University of Georgia.

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