

## RESOURCES AND TIPS

Dear All

Hope you are all well, keeping strong, safe and smiling. We hope this newsletter does help to offer some ideas during this period. From now on, we will only add some new ideas as all our old newsletters and a repository of previously mentioned resources can be found [here](#).

### Donations and Help:

Do not forget the Paediatric registrars initiatives! Other organisations [here](#).

In addition, all over Cape Town we have Community Action Networks which are linked to various wonderful outreach programs. Several link together as well - [Rondebosch CAN](#) is linked to Bontehewel and Pienlands CAN has been feeding healthcare workers at Groote Schuur and Red Cross! Please check out your nearest CAN network and see how you can help.



**Pinelands  
CAN**  
Community Action  
Network  
Covid-19 Response

### Virtual Food Parcels through Checkers

Checkers allows you to send a voucher to redeem for up to 3 years just with a cellphone number. Go to [www.computicket.com](http://www.computicket.com) to purchase vouchers of different amounts.



### Peninsula School Feeding Association

Do you want to feed a child for a month? A year? Even a class for a year? Click [here](#) to find out how you can help feed a child in need.

## Wellbeing and Keeping Strong:

Some daily guides to optimism and daily check-ins

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# DAILY OPTIMISM

ACCORDING TO HARVARD



**Set Goals**  
Every day, choose specific goals you can confidently achieve



**Reframe Situations**  
Find the positive in negative situations (e.g., a lesson you learned)



**Try the Half Smile**  
Practice smiling a few minutes a day & see if it helps your mood



**Practice Gratitude**  
Try journaling or a gratitude meditation (guided or scripted)



**Connect with Positive & Supportive People**  
Schedule phone or video calls, try "Netflix Party," a fun game or activity



**End of the Day Positive Check-In**  
Ask yourself: "What went well? What are you happy about? Proud of?"

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# A DAILY SURVIVAL GUIDE

**THE BASICS**

- ★ Sleep 8hrs
- ★ Eat well & hydrate
- ★ Move your body

**EXTRA STEPS**

- ★ Self-Care
- ★ Limit the news
- ★ Practice precautions

**HELPFUL REMINDERS**

- Experiencing hard feelings? Move your body, take a shower/bath, meditate, or try breathwork
- Overwhelmed with thoughts? Journal or check-in with someone supportive
- Make time for laughter, fun, & positivity



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# COVID-19 GRIEF STAGES

by David Kessler in Scott Berinator's Harvard Business Review's article





**Denial:** "This virus won't affect us."

**Anger:** "You're making me stay home & taking away my activities."

**Bargaining:** "Okay, if I social distance for 2 weeks everything will be better, right?"

**Sadness:** "I don't know when this will end."

**Acceptance:** "This is happening; I have to figure out how to proceed."

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# STEPS TO ACCEPTANCE

**1. Check-in with yourself**

- How are you feeling?
- What COVID-19 grief stage are you at?
- Tip: Don't deny how you're feeling by comparing yourself or your situation to others who have it "worse"

**2. Remind yourself that:**

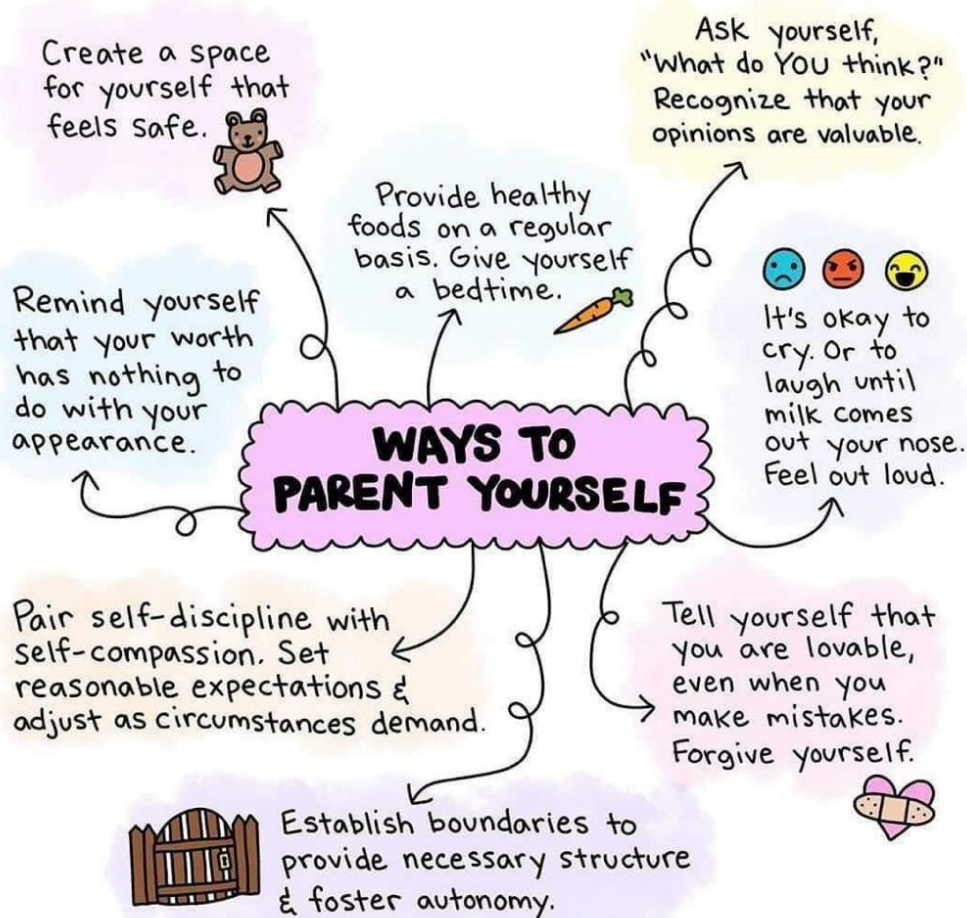
- This is hard! We are in the middle of public health crisis
- You don't have to be super productive – do your best & take things day by day
- There are things you can do at home that will help your feelings, thoughts, & behaviors

**3. Radical acceptance and moving forward**

- We will suffer much longer if we don't accept the truth (or "the reality") about a problem, ourselves, or another person
- When you accept the situation you're in, you can be totally honest about how you feel (it's okay to be disappointed or frustrated)
- Accepting your situation allows you to problem-solve and figure out how you want to respond—there's power in that!
- Focus on what you can control: practice COVID-19 precautions, limit your news intake, and have a self-care strategy in place

There are also lots of useful tips [here](#) and in past newsletters on our [website](#)

Looking after yourself helps you to look after others



@introvertdoodles

Let kindness spread across the world!

Check out the [Pandemic Kindness Movement](#)

# Pandemic Kindness Movement

Spreading only kindness

Two lovely articles about spreading kindness at work:

- [Making kindness a priority in the workplace](#)
- [Five ways to start a kindness revolution at work](#)

One of the ways to do this is to include a positive affirmation in every huddle.

Typically huddles include things like – the cases for the day, expected discharges/admissions, etc.

Why not use this opportunity to influence everyone to be kind by including a positive affirmation? Let us be encouraging and supportive during this difficult time.

## Something for Your Children:

### Mothering@Home

[Mothering@Home](#) is an amazing resource from Messages for Mothers. Thank you Simone for this great resource. Check out the [website](#) for many more good tips and resources for moms and dads 😊 We also have loads of resources, downloads, teaching and games [here](#).



### Help to stop the COVID-19 coronavirus

You can do this with your family and friends by helping to find the COVID-19 virus and the places where it likes to hide. This picture shows what different people do to protect themselves and others. If we all work really hard together, the time will come when we don't have to worry about this virus. Try to find all 25 COVID-19 virus (some will have the virus and some won't, but the things they're doing are risky). Talk about each of the risky things that the people are doing and discuss why these change their behaviour? There are also people on the picture that are doing things that will protect themselves and others from getting sick (there are many). This is a game of careful behaviour can protect yourself and others.



### This is a Great [Game](#)

Can you identify all the behaviours we should change?

How many masks did to be used?

How can we help the little old lady?  
Anything else?

[Comics for good](#) have an amazing amount of comics, colouring books and downloads (in many different languages) for all ages. All downloads are free.

Are you looking for a challenge? Do you want to translate them into your home language? They are looking for translators as well. If you are interested, apply [here](#).

Is your older child in matric or graduating this year? Many graduates are missing out on a celebration, so why not let [President Barack Obama](#) speak at their graduation?

What did [Trevor Noah](#) think about that?

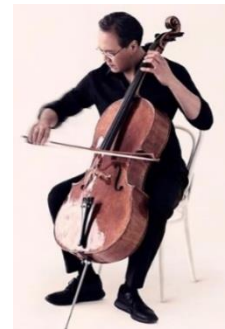
Here are more [books regarding COVID-19 for kids](#) and check out this [positive parents pack](#) (supplied by a global partnership to end violence against children)

## Entertainment

### Online Concerts

- The composer's Really Useful Group, in partnership with Universal, is offering free broadcasts of the greatest Andrew Lloyd Webber musicals, including such megahits as 'Cats' and 'The Phantom of the Opera'. A different Lloyd Webber musical streams each week on The Shows Must Go On! [YouTube channel](#). Each show goes live on the channel on Friday at 7pm BST (2pm EDT, 4am AEST), and remains viewable for 48 hours afterward. Rodgers and Hammerstein's timeless musical classic, *The Sound of Music*, will be the next musical available to watch online for free this coming weekend (May 22, 2020).

- World-renowned cellist Yo-Yo Ma, will be performing Bach's complete solo cello suites live via [YouTube](#) this Sunday, May 24 at 3pm EST in memory of those who have lost their lives to the pandemic and as tribute to the resilience of communities.
- Over 20 notable film festivals from around the world including Cannes and Sundance have joined together to stream movies free on YouTube. The virtual festival will kick off on May 29 and run until June 7. Viewers will be able to make donations to the WHO's COVID-19 Solidarity Response Fund. Here's how to watch upcoming films from Cannes & Sundance on [YouTube](#).
- Join Academy Award-winning filmmaker, Taika Waititi as he reads [James and the Giant Peach](#) by Roald Dahl, in full across 10 episodes, to raise money for @Partners In Health.
- Here is a list of [livestreams and online music concerts](#) - updates are loaded each day!



## Online Learning:

### BBC Bitesize Daily

[BBC Bitesize Daily](#) launched on April 20, 2020, is offering 14 weeks of curriculum-based learning for kids. British icon David Attenborough has been confirmed as the nation's new virtual geography teacher. He will be offering up his unrivalled knowledge to teach children all about the oceans and will also explore how we map the world, as well as help us understand why animals look the way they do. Read more about this initiative [here](#).

Click here for a [treasure](#) trove of online learning and fun resources for children, young and older.

## Lets' Keep Moving!:

### For Children

### **7 Ways to Exercise at Home With a Toddler or Preschooler**

At home with a rambunctious toddler or preschooler? Here's how to exercise in a way that gets your heart pumping and helps run down their energy, too.

By Maressa Brown



There is good evidence that strength training for children is very good for future bone growth. Here are some [exercises for kids](#) of all ages and some you can do together!

### For Yourself

Here are some ways you can get started exercising at home – see these links for:

- some good [strength exercises for men](#)
- a [full body workout](#)
- some wonderful after exercise [stretches](#)

## Recreational Activities:



### **Black Gold!**

#### **How to make compost -**

For those who enjoy gardening check out this [YouTube video tutorial](#) on how to make compost.

Donate to Groote Schuur or Mowbray Maternity

## **Newborn Knit Baby Hats**

Pattern courtesy of [TheMakeYourOwnZone.com](http://TheMakeYourOwnZone.com)



### **Supplies:**

Size 6 Needles – American (equals size 8 UK needles)

Medium Weight (4) Yarn (I like to use a soft yarn like Red Heart Soft)

Gauge: 4.5 stitches per inch (or 2 stitches per centimeter)

Cast on 48 stitches

Work in Knit 1, Purl 1 ribbing for 1" (about 6 rows)

Knit in Stockinette Stitch (knit 1 row, purl 1 row) for 3" inches. End with a purl row. Piece will now measure 4" from the beginning.

Begin Decrease for top of hat:

Next Row: Knit 2 together across row (24 stitches)

Next Row: Purl across

Next Row: Knit 2 together across row (12 stitches)

Next Row: Purl across

Next Row: Knit 2 together across row (6 stitches)

Cut yarn, leaving a long tail for sewing up seam. Thread the tail of yarn through a large eye needle and then pull through the stitches to remove them from the needle. Pull stitches tight to gather. Sew seam down side of hat with remaining yarn. Make pom pom and fasten to top of hat.

### **Foodies**

- [Avocado Lady SA](#) - Fresh avos from farmer to you!
- [Woodstock bakery](#) still has wonderful sour dough bread for you to pick up.
- [Bottles](#) delivers your groceries for you.

## Events



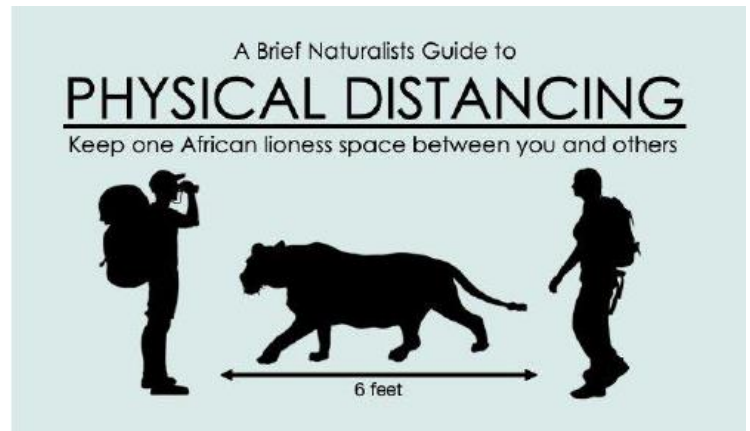
**#CS4D DAY**

Healthcare professionals experience the full range of mental health issues — anxiety, depression, burnout, fear, anger. Show your support and wear mismatched socks on **Friday 29 May**.

#CrazySocks4Docs #CS4D  
#Caring4OurCarers #IthembaFoundation  
#CreateAwareness  
#mentalhealth #mentalhealthawareness  
#Care4OurCarers.

On behalf of the Ithemba Foundation

## Reminder re: Physical Distancing



To all who will celebrate Eid, a blessed Eid Mubarak.

Here some thoughts on celebrating this day during this time:

- [Eid in lockdown: Muslim influencers share their style tips](#)
- [Lockdown Ramadan: 10 Tips for Celebrating Eid](#)



Please find all past newsletters and a repository of previously mentioned resources [here](#).  
Have a good week and please share your other tips!

To all stay well, stay safe, be kind and look after yourselves and your loved ones.

TAG