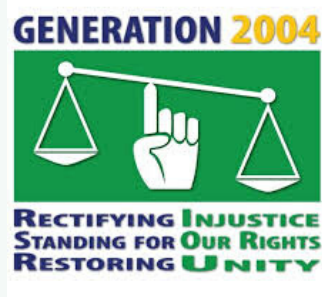


PRACTICAL TIPS FROM GENERATION 2004 DURING COVID-19



TELEWORKING



- Get dressed 😊
- Designate a workspace
- Keep clearly defined working hours as much as possible
- Set a timer for breaks
- Communicate with your manager
- Socialise with your colleagues over a remote coffee
- Aerate your room
- Make transition from home to work - listen to the music, walk a pet/loved one, do a workout



QUALITY OF LIFE

- Eat healthily - less meat, more fruits and vegetables (try new recipes)
- Stay fit - exercise & get some fresh air
- Get a proper sleep
- Find a hobby - be creative, learn a new skill, do something you never found time for
- Socialise over the phone or a video call
- Help your community, family and friends at risk (e.g. offer to shop groceries)
- Donate blood - e.g. Red Cross in your location

HAPPY CHILDREN



- Talk to your children to reduce stress
 - stay calm, explain & reassure
- Plan your children's daily schedule
 - schooling, playing, sport together & getting outdoors
- Keep their brains busy - a new hobby or skill
- Designate "quiet zones" - reading, writing, drawing
- Stick to usual schedule & bedtime routine

More ideas:

 <https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/>
<https://papapositive.fr/46-activites-pour-occuper-les-enfants/>
<http://jereussis.be/confinez-malin/>

DO YOU NEED ANY HELP?

WHEN GETTING SICK

- Stay home & do not leave
- Self-isolate when living with others
- Limit contact with animals
- If you are alone, ask for help
 - commune, neighbours, colleagues or friends
- When going out wear a mask & gloves
- Do not use public transport



Who to contact for more info:

Your general practitioner for advice

 Your supplementary health insurance

When getting worse, contact your doctor or hospital

Medical service:

BXL: +32 229 57761 LUX: +352 4301 32588

 ISPRA: +39 3327 89965

BXL: HR-MAIL-D3@ec.europa.eu

 LUX: HR-LUX-SERV-MEDICAL@ec.europa.eu

ISPRA: HR-ISP-MEDICAL-SERVICE@ec.europa.eu

WHEN HAVING STAFF ISSUES



- Any work related issues during these extraordinary circumstances
- Medical issues
- Harassment

Contact Generation 2004:

 +32 460 79 49 96

 REP-PERS-OSP-GENERATION-2004@ec.europa.eu

 www.generation2004.eu

Share useful links with us:

 <https://www.facebook.com/generation2004adf/>

STAY INFORMED

- Stay informed but not 24/7
- Use reliable sources
- Follow updates on intranet



More information:

 <https://myintracomm.ec.europa.eu/coronavirus/Pages/index.aspx>

 Psychological support at the EC & coping with stress:

 BXL: +32 229 88 000 LUX: +352 4301 33948

 BXL: HR-BXL-EMPLOYEE-ASSISTANCE@ec.europa.eu

LUX: HR-LUX-ASSISTANTS-SOCIAUXS@ec.europa.eu

ISPRA: HR-ISP-MEDICAL@ec.europa.eu

 <https://webgate.ec.europa.eu/connected/DOC-220571>