

EWC Daily Update May 22

- **Unwelcome Visitors:** Some residents have not been following the EWC Visitor Policy. Please take a moment to remind yourself of this policy:
 - Residents are only permitted access to the residence halls in which they reside. This means that Hale Mānoa residents should not be entering Hale Kuahine, and vice versa.
 - Outside visitors and/or guests are not permitted in any EWC Housing building.

If you notice someone in your building who does not appear to be a resident, please immediately notify the front desk of Hale Mānoa. Closing our buildings to all visitors is the best way to ensure contact-tracing measures will be effective.

- **Managing Our Mental Health:** The Resources section has a couple of new additions: The first is an article on ways to manage your thoughts and emotional responses to our new normal and our concerns about the future. The second is a workbook—The Corona Virus Anxiety Workbook—whose exercises will give you an opportunity to fully engage with your feelings and start to better recognize and manage them. The workbook is a free resource—one you may wish to share with friends and family.

Resources

- **COVID-19 FAQs and Emergency Contacts:**
 - EWC FAQs including what to do if you think you have been exposed to COVID-19: [Frequently Asked Questions \(FAQs\)](#)
 - EWC Housing contact email, which EWC staff regularly and frequently monitor: housing@eastwestcenter.org.
 - EWC Housing phone number: 944-7960. For reports on matters of immediate concern, such as residents not complying with social distancing rules or smoking in the building, we urge you to call rather than email, even during working hours.
- **Mental Health:**
 - **NEW:** Article about maintaining calm and setting intentions: <https://thriveglobal.com/stories/set-clear-intentions-calm-relieve-anxiety-coronavirus/>
 - **NEW:** Corona Virus Anxiety Workbook: **LINK HERE**
 - “Mental Health Awareness: Keeping Your Screen Time Healthy,” from the BBC: <https://www.bbc.com/news/newsbeat-52712532>
 - “How to Stay Optimistic When Everything Seems Wrong,” from the New York Times: <https://www.nytimes.com/2020/04/29/smarter-living/coronavirus-how-to-stay-optimistic.html>
 - Resources for staying well from Kaiser Permanente, with self-care tools, tips, and activities: https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources?kp_shortcut_referrer=kp.org/selfcare

- Information about keeping healthy and boosting your immune system: <https://www.hopkinsmedicine.org/health/wellness-and-prevention>
- EWC Participant Association mental health and stress relief list: https://content.getrave.com/content/5958154/b0e6c8eb-04ae-4fda-8b24-c52d32318225/8d91da0e-b462-4c5b-815f-570227036179/Support_Resources_for_EWC_Students.pdf
- **Other Useful Information:**
 - Gov. Ige's reopening strategy: https://governor.hawaii.gov/wp-content/uploads/2020/05/EMBARGOED_Gov_Reopening-Presentation-Slide-Deck_18-May-2020-1206-PM.pdf
 - "How to Work from Home – Comfortably," from the BBC: <https://www.bbc.com/worklife/article/20200508-how-to-work-from-home-comfortably-ergonomic-tips-covid-19>
 - Social Distancing: How to approach those not taking social distancing seriously: <https://time.com/5819816/coronavirus-social-distancing/>
 - Hawai'i: State of Hawai'i Department of Health updates, resources and information (now available in 8 different languages): <https://hawaiiicovid19.com/>
 - Hawai'i: Resource from Oahu Community Resilience with information, links, and FAQs: <https://www.oneoahu.org>
 - Symptoms: CDC information about symptoms and protecting yourself: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>
 - Emergency Planning: The CDC has put together [this guide](#) for emergency planning
 - Cybersecurity: Info about scams related to COVID-19: <https://www.us-cert.gov/ncas/current-activity/2020/03/06/defending-against-covid-19-cyber-scams>