



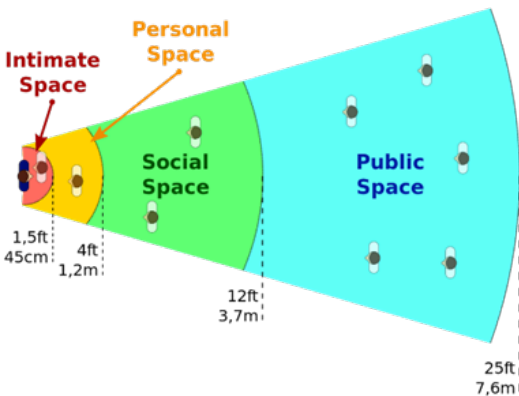
Safety Sound-off

VIDC Occupational Health & Safety Committee Newsletter

Social Distancing and Comfort Levels

We have different personalities, different tolerances for risk and different situations that alter our chances of spreading or contracting the virus and determine how seriously it might affect us.

So how can we respect our different stances on socializing safely without causing rifts? The techniques experts share here can help with tricky pandemic situations — and with building healthy relationships in general. (Jenna Jonaitis – Washington Post)



Understand Where The Stress Is Coming from

Anything that disrupts the harmony between friends and/or family, such as disagreements on socializing, can cause stress and anxiety.

Sometimes, simply anticipating that people will be upset with us creates anxiety.

Create, Then Communicate Your

Boundaries

Decide what kind of socializing you are comfortable with. “Everybody has to do their own risk assessment. “ You have the right to set your own level of tolerance for risk.”

Identify your own rules, such as that you’ll gather with family outside but not share a meals and accept that these may change with over time and with different circumstances.” Says Gary Brown, a Los Angeles Marriage and family therapist.

Lindsay Volpe-Bertram, section chief of Psychology at Spectrum Health in Michigan advises that although setting boundaries can be difficult, but it is important to communicate your rules clearly to let others know where you stand.

Ask About the Other Person’s Guidelines

Besides communicating your own boundaries, inquire about what makes the other person comfortable. Manly suggested asking questions such as: “Could you tell me what makes you feel safe with social distancing? What are you practicing?” By asking and listening, you show that you want to honor their boundaries

Get Comfortable With Saying No

“Realize you have a right to your own opinion,” Brown said, especially when it comes to health and safety. “It’s

Inside this issue:

Social Distancing and Comfort Levels	1
A Layered Approach to COVID19 in the Workplace	2
October is Ergonomics Month	2

Heath & Safety

Dates to Remember

- ◆ **Oct 2021:** Ergonomics month
- ◆ **Feb 23/22:** Stop Bullying Day
- ◆ **Apr.28/21:** Day of Mourning

more than [it] simply being okay for you to disagree. It’s a basic right, and you don’t really have any need to apologize for it.”

Read the entire article here:
https://www.washingtonpost.com/lifestyle/wellness/family-friends-disagree-social-distancing-coronavirus/2020/06/06/ec4b034a-a769-11ea-b473-04905b1af82b_story.html



