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## COVID-19 Update April 9, 2020 Stay Home Minnesota

For many of us this weekend will be vastly different than previous Easter weekends. I'd like to say we are almost through this COVID-19 issue – but unfortunately that is not the case. We will be dealing with this, at some level for some time in the future.

COVID-19 has brought many changes to DCI, our employees, their families and our communities. Change is tough to deal with, especially when there are so many changes happening so quickly and during unprecedented times. Each of us reacts to change differently. However, we each need to focus on our mental, spiritual, financial, social, and physical health during this time of change. We can't just bury our head in the sand and ignore what is going on around us.

The following guidance may help:

1. Realize it is totally normal to feel stress during change. It is okay to feel a bit empty as miss our friends, families and traditions during this holiday weekend.
2. Keep your regular schedule as much as possible – routines are important in reducing stress.
3. Try to eat as healthy as possible – healthy eating also reduces stress. Jellybeans do not count as healthy eating, except on Easter Sunday, they might make you smile a bit which may reduce stress!
4. Exercise – get outdoors (using physical distancing), once again being outside and exercising are great stress relievers.
5. Stay connected with family and friends – call or video chat – luckily we live in a time where we can reach out virtually.
6. Talk to someone if you are too stressed or become depressed – REMEMBER our Employee Assistance Line – 1-800-96-HELPS
7. Keep a list of the positives things that are happening around you – be grateful for what we have instead of fearing what we can't control.
8. Avoid over-analyzing – stay away from the news/social media.
9. Help others deal with the changes. For children there is a great book called A Kids Book about COVID-19 to help you talk to your kids about what is going on in the world. It is free and available at [akidsbookabout.com](http://akidsbookabout.com)
10. Give yourself a break – change can make us feel that we are not in control. Step back, take a deep breath and recognize everything you can control, and count your blessings for the things we have, our health family, friends, coworkers and most of all you.

Change is a time of new beginnings, much like what we celebrate each Spring, Easter, or Passover. Please take time to recharge and we will all face this together again on Monday. Our goal is to get to the other side of this challenge and be better individuals, team members, company and community.

We wish you a safe and healthy holiday weekend.

