



Love Yourself



Self-care is not selfish. The COVID-19 pandemic has radically changed the way we live, from our work to our learning to our social lives. Its impact has upended our daily routines, our future plans, and our lifestyles. And in the midst of it all, the need to care for our own health is of the utmost importance. As we continue to feel the weightiness of continued anxiety and stress, we must prioritize our own selfcare.

Now more than ever, practicing self-care is essential. Self-care can include a myriad of practices that are both enjoyable and, in some way, promote your physical, emotional, spiritual, or mental health. Becoming aware of these needs is a first step. Taking action to recharge our bodies, hearts and minds is vital.

Caring for self is a requirement for those of us who care for others. It is important to remember that taking care of yourself can better equip you to take care of and support others. Role-modeling self-care and practicing action steps to wellbeing is the best education.

So how can you balance your day and influence those around you to do the same? In order to give ourselves the gift of a solid foundation in wellbeing we must focus on what things make us feel nourished, gives us meaning and eases these challenging, lingering feelings. Below are some ways to manage stress, sleep, physical activity, eating well, and more to take care of you right now.

May each of us commit to nourishing ourselves while pausing to make ourselves first on the list, in health and wellness, Debra

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Healthy Ways to Cope with Stress

Take breaks from watching, reading, or listening to news stories, including those on social media. It is good to be informed but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

- Take care of your body.
- Take deep breaths, stretch, pray or meditate.
- Try to eat healthy, well-balanced meals.

- Participate in things you enjoy such as hobbies, gardening, etc.
- Exercise regularly. Get outside when you can. Connecting with nature feeds our soul
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community or faith-based organizations.

BRC & SCE Safety Tip

Your cell phone or tablet may serve as a lifeline or a way to communicate with employees, implement response and communication plans and connect with family members during any stage of a disaster. Most mobile networks remain active when landlines are down. With the right preparation, mobile technology serves as an effective resource that you can integrate into a disaster preparedness plan to keep recovery efforts moving forward.

Consider adding the following to your disaster preparedness kits and follow these seven ways to keep your cell phone charged during an outage.

Charge with Your Laptop: Charge your phone by plugging it into your laptop's USB port.

Charge with Your Car Battery: Your car battery can also be a power source during an outage. Newer vehicles tend to have USB charging ports. However, if you own an older vehicle, you can get a USB car charger.

Use a Solar-Powered Charger: If you often go on outdoor adventures, you may have a solar-powered charger which can come in handy if you have access to sunlight.

Use a Hand-Crank Charger: A hand-crank charger is helpful when sunlight is unavailable. Even though it requires a lot of effort to generate power, it is useful during an emergency.

Use an External Battery Pack: An external battery pack is great to have on hand; just remember to keep it charged beforehand.

Conserve your Phone's Power: If none of those options are viable to you, consider conserving your phone's remaining power. Putting your phone on airplane mode, lowering your screen's brightness, and turning off applications that run in the background can surely help.

Visit SCE's Community Crew Vehicles: During an emergency, SCE dispatches Community Crew Vehicles that provide charging ports where you can charge your mobile devices, grab some snacks and water.


ENERGIZED

STORIES / GOOD TO KNOW

7 Ways to Keep Your Phone Charged During an Outage

Here are some ways to keep your phone charged even when the power is out.

New Resource

Our communities of faith are our steadfast partners in this vision. BRC is proud to provide a free disaster preparedness guide.

Are You Ready for Disaster? is a free Bible study designed by Building Resilient Communities to prepare church families to respond and recover from major emergencies and disasters. We invite church bible studies or small groups to devote the four weeks of National Preparedness Month in September to studying God’s word on preparedness using our free Bible Study Guide. The Study can also be broken into shorter segments spread out over months.

Go to the BRC website to download your free copy!



African American Men for Vaccination Campaign

BRC invites everyone to get vaccinated. A vaccination protects those who are most at risk for COVID-19.

Going one step further, BRC has stepped up with the African American Men's vaccine campaign that started on Father's Day encouraging them to take the next step to protect their family and community.

Learn why it is so important for more black men to #GetVaccinated and #EndthePandemic—Go to BRC’s YouTube channel to see this critical message.



Protect your family.

Getting a vaccine reduces the chance of death and hospitalization due to COVID-19. Stop the spread of COVID-19; find a local vaccine clinic at myturn.ca.gov



Safe, free, and effective COVID-19 vaccines are now available to everyone age 12 and up. Let’s end this pandemic.

If you have not received your vaccine, make a vaccine appointment today: myturn.ca.gov



Learning Can Happen At Any Time

If you do not have time during your busy workday to attend one of BRC's trainings, consider viewing a **Free** webinar. Webinars can be accessed through BRC's website here and viewed at any time.

Available webinars include:

- *Are You Ready?*
- *Racism is a Public Health Crisis*
- *The Impact of Racism on Mental Health*
- *How the Pandemics of Society are Affecting Minority Businesses*



Meet BRC Board Member John Epps

With over 30 years of exemplary leadership to the nonprofit sector including serving eight years as the Director of the Regional Access Project (RAP) Foundation's Center for Nonprofit Advancement (CNA), John's professional work has helped numerous organizations enhance their impact to improve the quality of life for residents throughout the region. He first learned about Building Resilient Communities (BRC) at this position. After retiring from CNA, John joined the BRC board and currently serves as Chair.

John believes that many of the most marginalized communities suffer from poverty, poor housing, and low economic status and are most vulnerable in a disaster scenario. In order to enjoy the benefits of preparedness communities need capacity building, collaboration, and capital. BRC's purpose is to create strategic responses and innovative solutions that increase the ability of the most vulnerable to respond quickly and recover fully when faced with environmental, economic, and equity injustices and emergencies.

"With BRC in a growth position, it is now my objective to help with board recruitment and board development to ensure that the organization has the governance, resources, and network that it needs to be a prosperous and secure partner in the community ecosystem.", shared John.

John describes how BRC intersects between disaster preparedness and community empowerment. As communities emerge from COVID, many weaknesses and gaps in protocols have been exposed, making us aware that we are even more vulnerable than we thought. BRC is actively addressing many of the disparities that have existed for some time in these communities.

"BRC is an organization that has a culture of compassion and excellence in all that they do. They are creative but they do not compromise, and they are always willing to go the extra mile for those in need." John stated, "BRC is growing but few people would realize that they do a great deal with a relatively small staff. That is because the staff works together so well under the leadership and inspiration of Debra. She sets the example, and they follow, and the result is success!"

On behalf of the entire BRC family, thank you John for your steadfast dedication to the mission, exceptional leadership, and immeasurable spirit.

If you or someone in your household requires the regular use of electrically-powered medical equipment or device, you may be eligible for **MBL**. The program provides additional electricity at the lowest baseline rate to help offset the cost of operating medical equipment.

Shop BRC's easy online store!

Disaster preparedness kits and supplies for every size household or business.

EMERGENCY RESOURCES FOR YOU

We know many of you were significantly impacted by PSPS outages and we offer multiple backup power programs, especially for our most vulnerable customers, including:

Rebates for portable batteries to keep critical power energized:

- \$50 residential power station rebate to power small devices and appliances: marketplace.sce.com/portable-power-stations/
- \$300 and \$500 generator rebates to power water pumps or tanks: marketplace.sce.com/portable-generators/



Those who rely on electrically powered medical equipment:

- Get a free backup battery to operate your medical device during an outage. Learn about the Critical

Care Backup Battery Program at sce.com/customerresources.

- Sign up for the Medical Baseline Program at sce.com/medicalbaseline.

Battery storage systems for your home or business:

- Visit sce.com/sgip for more information about our Self-Generation Incentive Program.

Community resources during PSPS events:

- Locations of our Community Crew Vehicles and Community Resource Centers can be found at sce.com/pssp.
- Customers can receive information and resiliency kits that include small resiliency devices such as batteries or flashlights, light snacks, water and personal protective equipment.

Shopping on Amazon? Experience feel-good shopping and support BRC by using Amazon Smile! When you shop at smile.amazon.com, you will find the exact same low prices, vast selection and convenient shopping experience as Amazon.com with the added bonus that Amazon will donate a portion of the purchase price to



Building Resilient Communities

Preparing for Disaster | Strengthening Communities | Training Leaders

Building Resilient Communities is a 501 (C)(3) nonprofit organization that relies on the support of its donors to provide service to the community. Your gift can make a difference to a lifesaving opportunity for another.

Business Address: 301 N. 9th St., Ste. 312, Entrance Reception 200, Redlands, CA 92374

Website: BRCUS.org