

April 2020 Issue

For more health & wellness news, visit DailyHealthWire.com

Activity and Nourishment during COVID-19 and Quarantine

Amid concerns around COVID-19, people in communities across the country and around the world are being encouraged, and often required, to stay home during this critical time. To help you continue with physical activity and appropriate nourishment in ways that don't add stress during quarantine, consider the following suggestions:



Physical Activity

Try to move your body for a total of 30 minutes per day. Your exercise routine might look different for a while, and that's okay! Exercise should be a way to manage stress right now, not increase it. Try different types of movement to see what feels good and works for your new situation.

Remaining Active during Quarantine: Consider one of the below activities to help stay active:

Indoor Activities

- Dance to your favorite music.
- Search YouTube for free fitness videos.
- Stretch during work breaks or commercials.
- Download a free app such as "7-Minute Workout" (no equipment needed) or Nike Training Club.
- Try yoga and meditation (also helps with anxiety).

Outdoor Activities

- Take a walk or jog around your neighborhood.
- Spend time in nature.
- Go for a bike ride.
- Garden or do yard work.
- Play games with your family.
- Go to a local park, but avoid crowded spaces and wash your hands when returning home.

Healthy Eating: Nutrition is an important aspect of our overall well-being; however, it can be challenging while in quarantine. Try these options to nourish your body in times of COVID-19.

- Minimize trips to the grocery store by planning ahead; try to plan at least five days of meals.
- Stock up on foods that will stay fresh for a week or longer:
 - Canned or frozen fruits, vegetables, beans, meats and fish; choose varieties without sauces.
 - Skim and 1% milk, and shelf-stable boxed milk.
 - Whole-wheat crackers, bread, tortillas, whole grain rice, whole grain pasta; freeze breads to increase shelf life
 - Oatmeal and whole grain cereal
 - Broths and soups
 - Peanut butter, nuts, and seeds, granola, granola bars, dried fruits

NOTE: If you or a family member has diabetes, be sure to have treatment for low blood glucose like juice, regular soda, or hard candy.

Self-Care during the Global Pandemic: Focusing on You

Self-care is taking purposeful and deliberate time to focus on yourself and your needs. Many of us routinely remind our family and friends to practice self-care during times of extreme stress, but few of us follow what we encourage others to do. Remember, when we commit to taking better care of ourselves, we will find we have more energy, greater productivity and better concentration, which are all necessary during this important time.



Six Components of Self-Care

1. Emotional

Even with social or physical distancing, it still is essential to make time for people who are important to you. Use social media, the telephone, and your own creativity to connect with those around you. Talking with others, journaling, exercising and enjoying quiet time allow you to focus on your emotions during this challenging time. It is normal to feel sad, anxious, frustrated, or angry. Pay attention to your emotions and express them appropriately. Recognize your efforts and be encouraging to yourself.

2. Physical

You know the importance of eating healthy, being physically active, and getting enough rest, but how committed are you to choosing what is helpful? Everyone needs to be at their best; please do your part to take care of your physical health. Make decisions that allow you to feel healthy, rested and strong.

3. Workplace

We need breaks during the work day, especially during the coronavirus pandemic. Leave your workspace - even if working from home - for a breather, have a snack or share a win with a colleague. Workplace self-care is taking care of your needs throughout the work day. Be available and supportive of your co-workers. And, remember to ask for help when needed and to take help when offered.

4. Relationship

We often hear the words our partners and friends say, but we might miss the message behind their words as we are preoccupied with daily virus updates or not fully listening. Disconnect from the news and put down your cell phone. Spend that time with family and also with your friends through Facebook, Skype or Zoom.

5. Spiritual

Many people find comfort and support through prayer, reflection or meditation. Others find encouragement in nature or through reading materials. Find what is inspirational to you for spiritual self-care.

6. Financial

Money is a source of worry for many people, especially with the current changes and uncertainties in the economy. Talk to a trusted friend or advisor for financial guidance as needed.

Whenever possible, remember to incorporate the six components of self-care into your daily routine. Start small and celebrate your successes. For additional support with managing self-care, or the stress and anxiety of the coronavirus, contact your employee assistance program, such as TriHealth EAP, if offered as a benefit by your employer. In addition to confidential counseling services, they can offer many helpful resources.