

SOME GENERAL HEALTH TIPS AND RESOURCES FOR YOU AND OTHERS:

Greetings! Are you taking care of YOURSELF during these challenging times? GOD loves you and HE wants us to take care of our temples (body, soul, mind, and spirit), and when we can't HE wants us to call upon the many resources HE has put in place for us. *We are not alone!* It is very important that we try and take charge of ourselves and when we cannot reach out for help and if that help does not respond try someone else.

LOOK these over and see if you find your situation with some strategies for coping.

ARE YOU TAKING CARE OF YOUR BEHAVIORAL HEALTH DURING THIS PANDEMIC and time of SOCIAL ISOLATION.

Everyone reacts differently to stressful situations such as an outbreak that requires social distancing, quarantine, or isolation or other stressful events. People may feel anxiety, worry, or fear related to:

- Your health status or status of others whom you may have exposed to the disease
- The resentment that your friends and family may feel if they are quarantined because of contact with you
- Time taken off from work and the potential loss of income and job security
- Frustration about how long this will last and uncertainty about the future
- Loneliness associated with feeling cut off from the world and from loved ones
- Symptoms of depression, such as feelings of hopelessness or sleeping too little or too much':

Ways to support yourself include

- BE YOUR OWN ADVOCATE- Contact your family members, friends, local officials or your health care provider and inform them of what is going on with you – just tell them your feelings. Express yourself to them the best you can. If they don't respond call someone else.
- ['Social distancing does not mean social isolation' - The ...www.uta.edu/news/news-releases/2020/03/30/social...](http://www.uta.edu/news/news-releases/2020/03/30/social...)Mar 30, 2020 · A: Social distancing does not mean social isolation.
- CONNECT WITH OTHERS- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.

- FIND A FEW ACTIVITIES THAT GIVE YOU ENJOYMENT AND RELAXATION - Engage in

activities you enjoy and relax you, as well as maintain a sense of hope and positive thinking

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or

the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)..

Source: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

NUTRITION

Do these HOT TOPICS resonate with your current challenges?

- Stress, eating, and the impact stress has on bowel health
- Limited physical activity
- Resources for food/meals
- Meal planning

- Budgeting
- Feeding kids

Call and make an appointment with your health care provider and seek out an appointment with a nutritionist who can help you with important nutrition planning.

FOOD GARDENING DURING COVID-19

While we're sheltering in place, starting a food garden is a great way to connect with nature and stay productive and healthy.

Grow It Eat It is a University of Maryland Extension (UME) signature program that has helped thousands of Maryland residents start and improve their food gardens. Learn how to grow food organically from small spaces and other tips at <https://myemail.constantcontact.com/Food-Gardening-in-the-time-of-COVID-19.html?soid=1127069117597&aid=SlqQT-4TFLk>.

June 4th @1200 - Secrets to Growing Plump Tomatoes **July 16th @1200** - Growing and Cooking with Herbs **August 13th @1200** - Container Herb Gardening

HEALTH EDUCATION

Improve Your Memory and Brain Health

Sign up for online classes on virtual Memory Training. These courses are designed to help participants acquire strategies for the top memory challenges that people complain about. Students learn simple strategies to help remember names and faces, where they put things, remember to do things in the future and improve on their ability to recall those frustrating "tip of the tongue" memory gaps.

DAILY STRESS REDUCTION PRACTICE: BREATH, RELAXATION, & MEDITATION DAILY

Start a new wellness habit or anchor your existing practice with this daily opportunity.

Brief instruction + practice (20 mins. total), followed by discussion and Q&A. -----

Try a short breath and mindfulness meditation practice during the day to lower stress and increase resilience.

- Sit comfortably in a supportive chair

- Set a timer – 5, 10 minutes – keep it short
- Upright spine, relaxed body (not stiff)
- Close your eyes and notice your breath
- Breath in and out of the nose, and notice the movement the breath creates in

the body.

- Notice the 3-part breath: chest lifts a little, ribs separate a bit, and the belly rises.
- Choose a sensation of breathing and use that as your anchor
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- As thoughts come into the mind to disturb your focus, acknowledge them, and gently redirect your focus back to your chosen focal point

FIND SOMEONE TO WORK OUT WITH, EVEN IF THAT PERSON IS ON YOUR COMPUTER OR TELEVISION.

**LET US MOVE WHAT WE GOT WHILE WE GOT IT
TO MOVE- MOVE IT!**