Health and Wellness Activity
COVID-19 Resources
July 10, 2020

This week’s recommended Health and Wellness Activity:

5 Minutes Of Relaxing Flute & Nature Sounds Meditation

Progressive Muscle Relaxation

1. Wear loose, comfortable clothing. Sit in a favorite chair or lie down.

2. Begin with your facial muscles. Frown hard for 5-10 seconds and then relax all your muscles.

3. Work other facial muscles by scrunching your face up or knitting your eyebrows for 5-10 seconds then release. You should feel a noticeable difference between the tense and relaxed muscles.

4. Move on to your jaw. Then, move on to other muscle groups: shoulders, arms, chest and legs until you have tensed and relaxed your whole body.

Covid-19 Mental Health Reminder

Get Dressed
Even if you just stay at home, make your life a bit easier by getting dressed in something nice. It will make you feel better.

Do your hair/make-up
Even if you’re not going anywhere, this can help make you feel “normal” in a very chaotic time. People also feel relaxed when doing their hair or make-up and you deserve that.

Be Creative
Try doing new activities or bringing back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed.

Eat New Healthy Recipes
If you can, try new recipes and eat a variety of foods. This will give your day variety and keep your body feeling healthy.

Stay Connected.... to Family & Friends
Even though we can’t go visiting, make sure you stay connected. Video chatting and phone calls, in replacement of outings, lessen the feeling of isolation.

Reach Out
Mental health matters always, but it is especially important during times like this. Reach out if you need to and remember to check in with your friends, family or neighbors.

We are in this TOGETHER.

The following articles may be of interest to you:

Supporting your child’s mental health as they return to school during COVID-19
COVID-19 Ethnic Disparities:

A COVID-19 vaccine will work only if trials include Black participants, experts say

Why does coronavirus hit Hispanics harder? Reasons might be found in Wimauma.

New COVID-19 reports show concerning patterns of inequity, rise in cases among younger people

STOP COVID-19 XENOPHOBIA
CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MISINFORMATION.

Did you enjoy today's newsletter?
☐ Yes
☐ No

How likely are you to share one or more of the resources provided with a colleague?
☐ Likely
☐ Not Likely

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