



# MIND, BODY, & BALANCE.

YOUR GO-TO GUIDE TO STAYING HEALTHY.

**NEXUS**  
HEALTH SYSTEMS  
**@HOME**

# YOUR ROUTINE, THROWN OFF.

While these are unprecedented times and the situation continues to evolve, it's important to find new ways to cope with our current normal. You may find yourself feeling a bit anxious and alone. Or, you might have a feel flat-out overwhelmed as you navigate your work and family responsibilities. *However you're feeling and whatever environment you're in, it's important to know you're not alone, and there are great strategies available to keep you happy and healthy.*

## HOW TO GET & STAY ON TRACK.

While our daily routines have changed, it's still important to stay engaged, remain active, and eat healthy — and here's how you can do just that.



# PUT YOUR MIND TO IT.

It's okay if you're finding yourself worried about COVID-19 and its impact or overwhelmed with the new guidelines, financial pressures, and other new stressors in your daily life. The reality is, this pandemic has brought many changes to how you live. But you can help yourself cope and take control with these self-care strategies.



## FAST TIPS

- » Take up journaling to acknowledge your concerns and make plans to tackle them
- » Give yourself a break from news stories in print or online (*that includes social media*)
- » Create a nighttime routine that could include unplugging before bed, reading a chapter from a book, or taking a warm bath
- » Ensure you're getting enough sleep by setting a bedtime and help yourself fall asleep easier and stay asleep by keeping your bedroom cool and dark

## FOR PARENTS

- » Talk with your child or teen
- » Acknowledge his or her feelings and share yours
- » Explain how you deal with stress and fear, so they can learn to cope
- » Answer questions and provide age-appropriate facts
- » Limit exposure to news coverage, including social media

## FEATURED TIP:

# QUIET YOUR MIND WITH RELAXATION EXERCISES



Whether you meditate or practice mindfulness, relaxation exercises can improve your state of mind.



## ALTERNATE NOSTRIL BREATHING

Use this technique to reduce stress and increase overall well-being. Your body and mind will feel more relaxed and you'll notice less anxiety. Before starting, thoroughly wash your hands\*. To practice, sit with your legs crossed and your left hand on your left knee. Place your index and middle finger of your right hand in between your eyebrows. Exhale fully and use your thumb to close your right nostril. Inhale through your left nostril and close the left nostril with your pinky. Lift off your right nostril and breath in then close this nostril. Continue this cycle for up to five minutes.



## MEDITATION

Gain awareness and a healthy perspective through meditation. This skill leverages mindfulness to help you feel more present and engaged in the moment. Additional benefits include reduced stress, increased focus, and better sleep. Guided meditation apps are great for beginners — some are even free or offer free trials. Here are a few we'd suggest: Headspace, Calm, Aura, Smiling Mind, Insight Timer, and Stop, Breathe & Think.

# GET YOUR BODY IN MOTION.

It's okay if you were secretly excited when the gyms closed, but it's vital you keep your body moving. Physical activity is proven to boost the immune system and relieve stress – so get moving! You don't have to have the latest equipment to have a good workout, simply start with these great tips.



## FAST TIPS

- » Take 10-15-minute breaks sporadically throughout the day to step outside for fresh air and sunshine
- » Incorporate physical activity and stretching into your daily routine
- » Pick out new “destinations” in your town or city to walk or jog to (*just remember to practice good social distancing*)
- » Sign up for an app-based exercise program (*some are free, and others offer free trials*)
- » Eat healthy and avoid excessive snacking

## FOR PARENTS

- » Vary activities depending on your child or teen's age
- » Wash hands often and wipe down indoor and outdoor play items
- » Take breaks from schoolwork or screen time to get outside
- » Schedule virtual playdates with family and friends
- » Consider food security if you have children with autism or behavioral changes

## FEATURED TIP:



# FOLLOW THE F.I.T.T. PRINCIPLE FOR PHYSICAL ACTIVITY

The amount and type of exercise and physical activity should be determined on a person-by-person basis.



### FREQUENCY OF ACTIVITY — HOW OFTEN SHOULD YOU EXERCISE?

**Adults:** The American College of Sports Medicine guidelines says moderate cardio exercises five or more days a week or intense cardio three days a week, as well as two to three non-consecutive days of strength training or more frequent split body routine.

**Children:** Should participate in activity most or all days of the week.



### INTENSITY OF ACTIVITY — HOW HARD SHOULD YOU WORK?

**Adults:** Monitor intensity by heart rate, talk test, or a combination of measures. Typically, moderate intensity is recommended for steady workouts and high intensity for shorter periods of time is done during interval training. For strength training, the intensity is determined by the weight lifted and number of reps and sets performed.

**Children:** Intensity should be moderate, where the child's heart rate becomes slightly elevated and there is a slight increase in breathing rate.



### TIME — HOW LONG DO YOU EXERCISE FOR?

**Adults:** Guideline suggest 30-60 minutes of cardio, but if you're a beginner, start with 15-20 minutes. Strength training duration depends on the type of workout and number of reps and sets.

**Children:** Aim for an accumulative 30 minutes of planned and structured activity a day. This can be achieved in multiple, shorter bouts or doing the activity in one session.

# PRIORITIZE HEALTHY NUTRITION



Choosing healthy snack options over processed foods will help you stay healthy and feel better overall. Consider these options or check out our recipe for [Apple Cheese Wraps](#) and [Strawberry-Filled Banana Cream Dessert](#).

## FRUITS & VEGETABLES

- » Raw Fruits & Vegetables
- » Dried Apple Rings
- » Freeze Dried Fruit
- » Fruit Leathers

## WHOLE-GRAIN

- » Whole Grain Crackers
- » Popcorn (*reduced fat or fat free*)
- » Oatmeal (*plain or sugar free varieties*)
- » Brown Rice Cakes

## DAIRY

- » Cottage Cheese (*fat free*)
- » Greek Yogurt (*fat free; plain or sugar free*)
- » String Cheese or Cheese Slices (*reduced fat*)

## PROTEINS AND FATS

(*pay attention to serving size*)

- » Avocado
- » Nuts
- » Hummus
- » Edamame
- » Tuna or Chicken Salad
- » Lunch Meat (*reduced fat or fat free*)

# STRIKE THE RIGHT BALANCE.

We're all trying to adjust to the current normal, so take the pressure off and don't be so hard on yourself. The way we're living is different, so realize it's okay that your day-to-day routine will look and feel different. Check out these ways you can achieve a healthy balance in your life right now.



## FAST TIPS

- » Set realistic goals for your day, both professionally and personally
- » Schedule physical breaks to clear your head
- » Take time to provide self-care
- » Break up the monotony with phone calls, video chats, or in-person visits where you are safely more than six feet away
- » Get off the grid and put your devices behind for an unplugged hour a day
- » Pick out an activity you love to do and make

## FOR PARENTS

- » Develop a daily schedule and follow your child or teen's routine as closely as possible each day
- » Create a schedule for leisure and learning activities, including break time
- » Remind yourself it's okay if the "school day" you've created looks different
- » Display a visual schedule (*enlist the help of teachers for pictures if your child can't read*)
- » Set up a cue for your child or teen to know the day is starting (*alarm clock, starting*





## FEATURED TIP:

# SET YOUR DAILY INTENTIONS

**Don't just passively think about a goal — set a daily intention and work towards meeting it.** In this uncertain time, having a vision is important as it creates a driving force behind you. Maybe you want to lead by example today or give out three compliments. Or perhaps you'd like to focus on listening more than talking or want to make someone smile. Whatever your goals are, remember to:

- 1** Keep them positive;
- 2** Make sure they can evolve as you accomplish them; and
- 3** Aim for short term intentions that can build to meet your big picture goal.

## HOW CAN YOU STAY ACCOUNTABLE?

- » Verbalize your intentions in the morning when you wake up or write them down
- » Practice gratitude and acknowledge the intentions you've met



# NEED HELP? KNOW SOMEONE WHO DOES?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, please contact one of these helplines that the Centers for Disease Control & Prevention (CDC) recommends:

- » Visit the [\*Disaster Distress Helpline\*](#), call 1.800.985.5990, or text TalkWithUs to 66746
- » Visit the [\*National Domestic Violence Hotline\*](#) or call 1.800.799.7233 and TTY 1.800.787.3224