

WEEKLY WELLNESS MOMENTS



WEEK OF

Right now, you are essential! You are working on the front lines, making sure our most precious resource, our children, are doing well. Any change in a person's routine causes some sort of stress. This is happening right now for both you and your families. It is imperative that you check in with yourself daily and make sure you are mindful of self-care. Here are some simple, daily one-minute mindfulness activities. Remember, you are important to lots of people right now, but you can't help anyone unless you help yourself first. Make yourself a priority.

MON

Eat well

Food gives our body nutrients needed to produce energy, fight off disease and it helps us regulate our mood. During times of stress, eating healthy can seem difficult. Remember that eating well-balanced meals helps our body stay in balance. Look at your plate and check for balance; healthy foods include fruits, vegetables, whole grains, protein, and dairy.



TUES

Just get moving

Exercising can be any movement your body makes. Start with one minute and slowly increase to 30 minutes per day. You can walk, dance, stretch, play. Just move everyday!



WED

Get a full night's rest

Stress might get in the way of sleep. It is essential to get enough sleep every night to stay alert and feel energetic. Try your best to get at least 8 hours of sleep each night. Start by setting a routine for yourself before bed by taking a few deep breaths to calm your body.



THURS

Check in with your doctor

During stressful times, we put off preventive health care visits. Take a minute to reflect and identify if you need to make an appointment for your annual physical. Are you pending any follow-up appointments? When was the last time you visited the dentist? When was the last time you checked your eyesight? Make an appointment today if you need one.



FRI

Do something fun

Doing something fun can take our minds off things that are causing us stress. Let go of stress and make a list of things you enjoy doing at home for fun. Take on a new hobby, garden, dance, sing, bake, watch a movie, play a board game or just be silly.

