

April 2020



**Our Vision: "To Promote a culture of health and wellness for those we serve, our staff, and our communities"**

## CULTURE OF HEALTH & WELLNESS COMMITTEE

The committee is focused on creating a culture of health and wellness by expanding upon behavioral health prevention and wellness promotion initiatives targeting CMHA-CEI consumers, staff, and community. Some of the more recent initiatives are highlighted in this newsletter.

## COMMON SYMPTOMS OF COVID-19

Common symptoms of COVID-19 can include:

- **Fever**
- **Cough**
- **Shortness of breath**

Some people with the virus display no symptoms or mild symptoms.

## CONTACT MDHHS FOR COVID-19 INFORMATION

**CALL the COVID-19 Hotline at 888-536-6136.**

*7 days a week, from 8am-5pm.*

**EMAIL COVID19@michigan.gov at any time.**

*Emails will be answered 7 days a week, 8am-5pm.*

**SUBSCRIBE to e-newsletter updates at Michigan.gov/Coronavirus.**

## PREVENT THE SPREAD OF COVID-19

Many people have been impacted by the current outbreak of COVID-19 (also known as Coronavirus). There are important things that we can do to take care of ourselves and our communities during this time, including:



**Regularly washing your hands with soap and water for at least 20 seconds, or using hand sanitizer when handwashing is not available.**



**Disinfecting commonly touched surfaces such as cell phones and desks.**



**Staying home if you feel sick and/or when recommended by local public health authorities.**



**Avoiding touching your face with unwashed hands.**



**Cough or sneeze into a disposable tissue and throw that tissue into the trash.**



# Culture of Health & Wellness Committee

## SPRING INTO FITNESS AT HOME

Make your own circuit workout! Pick 3-4 cardio and strength building exercises, then alternate 30 seconds of cardio with 30 seconds of strength building. Once you've made your circuit, repeat it three times!

Or, try a workout on Youtube or a fitness app! Search for Fitness Blender, POPSUGAR Fitness, HASfit, or Yoga with Adriene on Youtube, or search for apps like Nike Training, FitOn, or J&J Official 7 Minute Workout.

## TIPS FOR COPING WITH STRESS DURING A DISEASE OUTBREAK:

### 1. Take care of your physical health.

Even if you are staying inside your home, maintaining your physical health is an important part of managing stress. Eat healthy, well-balanced meals- this is a great time to try a new recipe! If you're stocking up on food, remember to include canned and frozen fruits and vegetables. You can go outside for walks and to get fresh air, just make sure to give others 6 feet of space as you pass. Additionally, many exercise videos are available online for free.

### 2. Check in with yourself.

Everyone responds differently to stressful situations. Identify what stress looks and feels like for you, and monitor yourself for those signs. Common signs of stress can include trouble sleeping or eating, difficulty concentrating, increased fear or worrying, irritability, crying, and increased substance use.

### 3. Prioritize rest and fun!

It's important to carve out time for things that make you feel happy and content. Spending time meditating or doing yoga can help you to manage anxious feelings. So can distraction- try watching movies, playing a board game, learning a new skill like knitting or baking, or catching up on some reading. Check in with friends and family virtually- try hosting a virtual movie night or a dinner party.

### 4. Stay informed, but set boundaries.

While it's important to stay updated and informed as the outbreak progresses, too much exposure to bad news can wear on our mental health. It's okay to tell others you need a break from discussing the outbreak. Ensure that your information is current and credible from places like local health departments and the CDC. Turn off the news and limit your time on social media each day to give yourself a mental break.

## EAT WELL WITH STAPLE PANTRY AND FREEZER INGREDIENTS

Having some basic healthy ingredients on-hand at home can come in handy for cooking healthy meals without having to go to the grocery store. Here are some ideas for some freezer and pantry staples:

- Dry and canned beans
- Canned and frozen fruits and vegetables
- Whole wheat pasta
- Brown Rice
- Oats
- Healthy cooking oils like olive and canola oil
- Nuts and nut butters
- Low sodium broths
- Frozen meats
- Dried herbs and spices
- Whole wheat flour
- Condiments like low-fat mayonnaise and low-sodium soy sauce

## HIGHLIGHTING A RECREATIONAL RESOURCE: PARKS AND TRAILS

The Tri-County Recreational Resource Directory provides a listing of community based activities that are available to the public- many of which are low or no cost.

This Spring, check out the directory's guide to local parks and trails and get some fresh air! Did you know there are over 36 parks in our tri-county area? Get out there and explore!

For copies of these books please contact [prevention@ceicmh.org](mailto:prevention@ceicmh.org) or customer service at (517) 346-8244.



## MEDITATION TIPS FOR BEGINNERS

Meditation can be a great way to calm down and feel centered throughout your day. If you're a first time meditator, this meditation exercise is a great place to start:

1. Sit or lie down naturally- no need to sit cross legged, just get as comfortable as possible!
2. Breathe naturally and focus on your breath. Identify where you feel it the most- your belly? Your nose? Are you breathing softly or quickly? Try to focus on that inhale and exhale.
3. Continue focusing on your breathing for two minutes. If your mind wanders, that's okay! Just try to refocus back to your breathing. Remember- meditation is a practice, not perfect.