

WELLBEING IN ACTION

A limited edition wellbeing newsletter offering resources, reminders and activities for living and working at home.

FOSTER WELLBEING!

This uniquely stressful and uncertain time has no doubt introduced challenges for which you were unprepared. Taking a few minutes each day to care for yourself will strengthen your resilience and equip you to better deal with changes as they come. Resilience takes time and intention. These simple self-care steps not only can decrease your immediate stress but help to decrease your cumulative stress.

STEP AWAY. After a challenging moment, take a recovery break, like a short walk, before returning to a stressful situation.

BREATHE. When you receive a notification that causes stress, pause and take five deep breaths. Focus on inhaling for three seconds and exhaling for three seconds.

REFRAME. If you catch yourself saying you're unable to practice self-care, pause and choose a new mindset. There's nothing selfish about taking care of your basic needs.

STAY CONNECTED!

Social distancing does not have to mean **social isolation**. Protecting our older adults over 65, people living in nursing homes or long-term care facilities, and people of any age who have serious underlying medical conditions from the threat of COVID-19 has become increasingly important. For these people who may be secluded, be creative and proactive in reaching out to them.

Mail a card. It might be a little old-fashioned, but who doesn't get excited when a handwritten note or letter comes in the mail? Get creative by including jokes, photos or artwork.

Deliver a gift. Drop off, ship or order something online. A care package, book, flowers, puzzle and even a hot meal is a nice way to brighten someone's day.

Make a call. Schedule a time to call or surprise your loved one. It's not about the duration of the call, it's about the frequency.



SIMPLY MOVE!



Downward Dog lengthen the spine stretch shoulders and back of legs

Standing behind chair, place both hands on back of chair.

Keeping arms straight, walk feet back and hinge forward, lowering chest between arms.

Hold for 3 - 5 deep breaths.

Simple yoga stretches can work on all parts of the body and keep us energized. Try this chair down dog for a full body stretch. It will lengthen the spine, stretch your shoulders and back of the legs.

EXPLORE MORE!



RESILIENCE

www.apa.org/topics/resilience

Building your resilience: A roadmap for adapting to life-changing situations and emerging even stronger than before.



BROADWAY

www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home

15 Broadway plays and musicals you can watch on stage from home.



SCIENCE MUSEUM

<https://new.smm.org/learn/>

Learn-from-home activities from the Science Museum of Minnesota.