



Wellness Matters



LAKE REGION
COMMUNITY SERVICES

Engage. Empower. Inspire.

Employee Wellness Newsletter

March 2020 Bonus Newsletter - Wellness From Home

As many business are having staff work remotely, limiting hours, limiting visitors or closing down entirely for a few weeks, and some folks needing to self-quarantine or self-isolate within your home, it can feel like you are closed off from everyone. It is important to keep your mental wellness in check, as well as your physical and nutritional wellness.



Add a little joy to your day.
Join the "Lakes Region Rainbow Group" on Facebook.

We know times are challenging right now so we wanted to bring smiles to those across the Lakes Region. Kids and Adults get out your crayons, markers, paint or whatever you want and make a rainbow. Put it in your window, tie a ribbon rainbow on your outside light, put one on your lawn. *Lets remember through all of this " A rainbow is a promise of sunshine after the storm"*

1. Make your rainbows and put them up
2. Take a pix of your rainbows and make a post on this page with your rainbow for all to see and enjoy
3. We hope soon if you go for a drive just to take a break from the house you will see them all over the Lakes Region to see we are all in this together.

Staying Connected with your fellow colleagues is important!

Even if you are not scheduled to "meet" with co-workers everyday, that connection with your colleagues is important.

Some staff find Zooming with each other while doing paperwork makes them feel more together. You can toss ideas back and forth, collaborate and just get some needed social time.

Log in to Sharepoint as well to be involve and follow discussions there, Log in to Facebook and get the updates from the LRCS management team.

If you do not know how to log into Sharepoint, email colleen at colleen.cass@lracs.org for assistance.



Social Distancing while Geocaching

Find a way to get out to enjoy some fresh air when the weather allows.

Go for a hike, walk, bike-ride.

Geocaching can be an especially valuable activity during this difficult time, since it's a way to get outdoors and be active while adhering to social distancing standards advocated by health authorities.

Virtual Workouts

Looking for something to do from home?

Facebook Live, Youtube, Instagram have all been posting plenty of online videos you can browse and take a virtual class from your phone, computer or SmartTV.

Yoga, walking, aerobics, fitness class.... whatever your preference for movement in your living room or temporary office.

Do you have a wellness fact, fitness tip or healthy recipe you would like to share?

Email us at wellness@lracs.org

You may see it in an upcoming Employee Wellness Newsletter.

Wellness Bites for your quick wellness needs!

Protect your Mental Health during a Quarantine

Claudia W. Allen is the director of the Family Stress Clinic and the director of behavioral science in the Department of Family Medicine at the University of Virginia's School of Medicine. She is also a licensed clinical psychologist.

"We're all worrying about whether we have enough food, toilet paper and medications to stay comfortable in a quarantine, but one of the biggest challenges of quarantine will be to our mental health," she said.

"While telecommuting initially sounds like an unplanned vacation, in reality, isolation, lack of schedule and not enough to do are a foolproof recipe for depression. Luckily, the scientific literature on wellness and mood informs us what will help us avoid depression (and thrive) if stuck at home," she said.

To battle the possible dip in mood, whether in self-quarantine or self-isolation, Allen offers these suggestions.

Get Dressed

First, don't give in to the immediate urge to sleep in and stay up late. Set your alarm for your usual time and stick with your morning routine. Shower, eat what you normally would, make the bed, etc. You can skip the work uniform and dress down, but do get dressed – don't stay in pajamas.

If Telecommuting, Stick with Your Routine

Be proactive and lay out an intentional structure for your day. If you're telecommuting, stick with your usual worktimes or something similar. If you're not working, create a schedule of mealtimes, reading time, phone time, exercise, chores, etc. Write it down. Even if you have very few obligations, it will help you stay balanced to have different activities you regularly do at relatively set times. It's ideal to have a mix of things you *need* to do (pay bills, chores, work, etc.) and things you just *like* to do. This approach to your day is actually an evidence-based treatment for depression called "behavioral activation" that will also help *prevent* depression.

Plan Out Your Week

Have a schedule for the week as well. Make weekends somewhat different, even if that means something simple like making a more elaborate breakfast or something more involved like embarking on a project (i.e., painting a room). This combination of structure and variation keeps people settled but stimulated – both important for emotional well-being.

Go Outside

If you're not confined to the house, take daily walks or jogs, preferably in a leafy area. Exercise, sunlight and being around trees all benefit mood. If you're stuck inside, try one of the many workouts that you can follow on the internet.

Quarantine might give you more time to work out than usual. If so, set SMART goals, meaning that they are specific, measurable, achievable, realistic and timely. Make it a challenge to increase your sit-ups, number of workouts a week, etc. Exercise has such a positive effect on mood it is actually a prescribed treatment for mild to moderate depression. Make it a priority on your daily schedule.

Be Intentional

Use any extra time very intentionally; don't drift through the weeks. Pick one or two things you've wanted to learn about or how to do and teach yourself. Plan to come out of this quarantine with a new skill or hobby. Many famous artists and scientists credit the time they spent being sickly children stuck at home with developing their curiosity or love for a subject. Devote one hour of your daily schedule to work on this new skill. If possible, collect any needed materials for this activity ahead of time.

Beware of Too Much Social Media

Use social media wisely. No doubt, social media is your friend when isolated. But resist scrolling through Facebook and Instagram endlessly; that won't really feed your need for connection, but has been shown in some studies to actually make people feel left out or "less than." Instead, use social media to meaningfully connect. Plan weekly (or even daily) group video chats with friends, family, neighbors or colleagues. Social connection is one of the most important drivers of well-being.

Be a Helper

Helping others is a known mood-booster. Be aware of who in your circle might be particularly vulnerable during this time and check on them by phone or email.

Spread Out

Create some space between those cohabitating. People quarantined together run the risk of crowding each other and creating irritation. Normally you're together some of the time, but separated at other times. Mimic this at home by intentionally planning "together time" (meals, watching movies) and "separate time" in separate rooms, if possible (working, reading, learning). Even if you're quarantined in just one room, plan agreed times when you're not interacting, *as if* you were not all in the same room.

Shift Your Mental Space

Finally, use principles of mindfulness to shift your mental stance from frustration about the situation to curiosity. Take on the mindset of an anthropologist or journalist observing a social experiment. Keep a journal (written, sketches, or video) of your experience during quarantine – what you did and how you felt day-by-day. Taking on this stance will give you a little distance, which can reduce distress, as well as keep you open to the positive or simply interesting things that may happen during this very unusual experience.

Tips and suggestions from fellow staff:

- Scheduling my day out as I would if I were headed to work at the office
- Scheduling in a lunch break (including a walk outside, a homemade lunch, and a time to refresh/regroup)
- Zooming with colleagues (we do paperwork together, toss ideas back and forth, collaborate, etc.)
- I schedule a facetime with a friend or a family member every day at 4pm! I'm very social, so I need this interaction.
- Yoga/dance studios and gyms have been posting online classes to follow (via facebook, Instagram, youtube)
- Having a "slump to do list"; When I get in a work slump I pick a home-project to get done in 15 minutes or less (dusting my ceiling fan, replacing batteries in my smoke detectors, brushing my dog, etc.)
- At the end of my "work day" I shut everything down and put it out of sight! It's like closing the door to the office at the end of the day and going home!
- Turning off the TV and playing a board game with just music on in the background (*NO COVID-19 TALK UNTIL THE GAME IS OVER*) We even ordered new board games from Amazon to keep us entertained.
- Playing silly pranks in the house to keep us laughing.
- I also started keeping a gratitude and compassion journal. Listing the people and things that I'm grateful for in my life, and making a list of what I have compassion for (other people going through hardship, myself for feeling frustration, etc.) This has helped keep things in perspective.
- Remember if you are "homeschooling" your kids as well, take breaks every so often for everyone's sake.
- Try to keep some kind of routine.
- Listen to music
- Color
- Crafts
- Pick up a new hobby you always wanted to try.
- Get take-out. So many local restaurants have started offering delivery. See if your favorite is and enjoy some of your favorite dishes without needing to worry about the dishes.
- Drink water every 15 minutes. It is easy to forget to do this.
- Go outside to get fresh air/open window if warm enough
- Bake some yummy snacks
- Call your neighbors to check in on them
- Try making a new recipe
- Do a DIY or home project
- Start a new book!
- Catch up with those you haven't had time to chat with in awhile
- Find opportunities to amplify positive and hopeful stories and positive images. For example, stories of people who have supported a loved one from a distance, or someone going above and beyond to support local police, healthcare workers, grocery store workers, etc. during this time.
- Limit yourself to only watching/reading/listening to the news only once or twice per day. And only get your news from trusted sources (CDC, WHO, local health authorities)

Recipes to try while at home

Grandma's Lasagna – NOT healthy but fantastic comfort food.

Ingredients

Spaghetti sauce (your choice on brand)
2lbs ground beef
1lb mozzarella cheese slices
24oz small curd cottage cheese
15oz ricotta cheese
Parmesan cheese
2 eggs
10-12 cooked lasagna noodles
Parsley flakes
Oregano
Minced, dehydrated onions
Celery salt
Pepper

Directions

Preheat oven to 350
Brown and drain beef
Sprinkle spices (use your judgement on measurements) and add sauce to drained beef
Cook noodles
In a separate bowl mix cottage cheese, ricotta cheese, parsley flakes, and eggs together
Spray deep 9x13 dish with nonstick cooking spray
Add 5-6 noodles to bottom of dish
Add cheese mix to top of noodles
Add mozzarella slices to top of cheese mix
Add meat
Repeat again
Sprinkle top of dish with parmesan cheese
Bake for 45min on 350

Mama-Rae's Pizza Dough

- ◆ Warm bowl makes a happy dough
- ◆ 1 Tbsp active dry yeast
- ◆ 4 Tbsp white sugar
- ◆ 2 1/4 C very warm water
- ◆ Stir lightly and cover with wet towel, let sit for at least 5 minutes, until yeast is bubbly.
- ◆ Add parsley, basic, garlic and pepper to your liking.
- ◆ Add 4 C. King Arthur Flour (*apparently the brand is very important!*), stirring in slowly. If dough is still sticky, add a little more flour.
- ◆ Let rise for 2 hours. Make 3 pizza doughs.

Add sauce, cheese and toppings of your choice.

Dough can be altered to make breads and garlic knots too. Just adjust your seasonings to your liking.

3-Ingredient BBQ Stuffed Sweet Potatoes

INGREDIENTS:

2 medium sweet potatoes, halved
1 lb. boneless skinless chicken breasts, cooked and shredded
1/3 cup BBQ sauce, your favorite (*or less/more, to your taste*)
For garnish:
Chopped parsley or sliced green onions, optional

DIRECTIONS:

Preheat oven to 425 degrees F. Lay sweet potatoes cut side up on a large baking sheet. Roast until tender, about 35 minutes, depending on size of your potatoes. In a saucepan set to medium-low, stir together chicken and BBQ sauce. Heat until warm, 5-10 minutes. Top each potato with scoops of chicken. Spoon over additional BBQ sauce and sprinkle with chopped parsley or sliced green onions, if desired. Enjoy!

Slow Cooker Pulled Pork

INGREDIENTS

1 (4 pound) Boston butt pork roast

- 24 ounces (2 cans or bottles) root beer
- 9 ounces vinegar-based barbecue sauce (more or less, to taste)

INSTRUCTIONS

- Place roast in a slow cooker (fat side up) and pour root beer over roast. Cook on low for approximately 6 hours, or until roast shreds easily with a fork.
- Drain off liquid. Remove and discard any bones or excess fat. Pull, shred or chop pork. Return to slow cooker and toss with sauce, coating evenly.

A little light-hearted enjoyment...

please know, we all realize the seriousness of the current situation.

Why did the bird go to the hospital?

A: It needed tweetment!

What's a baby chick's favorite plant?

A: EGG-plants!

What do you call it when it rains chickens and ducks?

A: FOUL weather!

What falls but never gets hurt?

A: The rain!

What kind of garden does a baker have?

A: A "flour" garden.

Why couldn't the flower ride it's bike?

A: It lost its petals.

What do you call a well-dressed lion?

A: A dandy lion!

What season is it best to go on a trampoline?

A: Spring time!

What is a tornado's favorite game?

A: Twister!

What do cows like to drink?

A: Smooooothies!

What season is it best to go on a trampoline?

A: Spring time!

Wash Your Lyrics ([click the link](#))

Generate hand washing infographics based on your favorite song lyrics

(click the images below to follow the links to the videos)



WHAT IF THEY CLOSE THE
GROCERY STORES? WE'LL
HAVE TO HUNT FOR OUR
FOOD.

I DON'T EVEN KNOW WHERE
DORITOS LIVE

Me seeing hand soap shelves
empty in stores, wondering
why people haven't been
washing their hands until now

