



## **Get Healthy CT**

### **June 2020 COVID-19 Resources and Information**

#### **Maintaining mental health during quarantine-**

The following information is from the Centers for Disease Control and Prevention (CDC):

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Ways to cope with stress:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body
  - take deep breaths, stretch, or meditate
  - try and eat healthy, well-balanced meals
  - exercise regularly and get plenty of sleep
  - avoid alcohol and drugs
- Make time to unwind and do activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

People to call for help if you or someone you know are feeling overwhelmed with emotions like sadness, depression, or anxiety or feel like you want to harm yourself or others:

- 911
- Disaster Distress Helpline 1-800-985-5990 or text TalkWithUs to 66746
- National Domestic Violence hotline 1-800-799-7233

Support your loved ones by checking in with them often. Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

- telephone
- email
- mailing letters or cards
- text messages
- video chat
- social media

For people coming out of quarantine it can be stressful to be separated from others if a healthcare provider thinks you may have been exposed to COVID-19. Everyone feels differently after coming out of quarantine. Emotional reactions to coming out of quarantine may include:

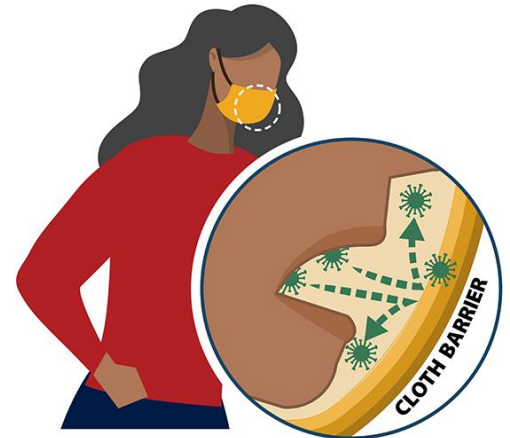
- Mixed emotions, including relief after quarantine.
- Fear and worry about your own health and the health of your loved ones.
- stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19.
- Sadness, anger or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined to be not contagious.
- Guilt about not being able to perform normal work or parenting duties during quarantine.
- Other emotional or mental health changes.

### **CDC recommendations regarding face coverings-**

It is essential to remember and adhere to the CDC's guidelines and recommendations of staying healthy through all phases of the COVID-19 pandemic. Face protection is required to be worn to help protect against the respiratory droplets produced when a person coughs, sneezes or talks. This is the main way COVID-19 is spread. Click the links below to learn more about the importance of face coverage and to watch the U.S Surgeon General Jerome Adams demonstrate how to make a homemade mask. Additionally, remember to stay socially distant in as many situations as possible.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>





Practice social distancing by putting space between yourself and others. Continue to practice healthy habits to help slow the spread of COVID-19.

- Wash your hands for at least 20 seconds
- Clean and then disinfect frequently used surfaces
- Stay home if you are sick
- Avoid touching your face

#### Tips for transitioning out of quarantine-

- Start social engagements with familiar people rather than trying to see all friends and family at once.
- Stay protected- continue to practice hand washing and proper face protection.
- Ease into returning to all hobbies and favorite spots.
- Spend as much time in outdoor spaces as possible.

### North American Council on Adoptable Children- Coping with Coronavirus

The National Child Traumatic Stress Network created a guide with facts about Coronavirus and tips for preparing your family and helping children through the phases of it. The guide on this website contains a useful grid of typical emotional and physical reactions children of different ages may have and how to respond to them when they occur.

<https://www.nacac.org/2020/03/26/nfn-covid-resources/>

### Visiting Parks and Recreational Facilities

Staying physically active is one of the best ways to keep your mind and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air and vitamin D, stay active, and safely connect with others.

Know before you go: While these facilities and areas can offer health benefits, it is important that you follow the steps below to protect yourself and others from COVID-19.

DO:	DON'T
•Visit parks that are close to your home.	•Visit parks if you are sick or were recently exposed to COVID-19.
•Prepare before your visit.	•Visit crowded parks.
•Stay at least 6 feet away from others ("social distancing") and take other steps to prevent COVID-19	•Use playgrounds.
•Play it safe around and in swimming pools. Keep space between yourself and others	•Participate in organized activities or sports.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>

## Virtual Fitness Class Follow Along- Central Connecticut Coast YMCA

Click the link to complete at home workouts of all varieties led by personal trainers!

[https://www.youtube.com/channel/UCOGt\\_IpceP\\_xQhhCMCrut\\_A/videos](https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A/videos)

## Free Fitness Apps-

Download free exercise apps! Some examples to look for in the app store are:

- “Home Workout- No Equipment”
- “Daily workouts- Fitness Trainer”
- “ 7 Minute Workout: Fitness App”
- “Muscle booster Fitness at Home”
- “Fitness 24/7- Home Workout”

## Benefits of the outdoors

The benefits of being outside, especially for children:

- ✓ **Physically healthier**- children play harder outdoors than indoors. Especially without the structure of preschool, school or afterschool activities. Children who spend more time outdoors have improved motor development. More outdoor time is linked with lower obesity rates.
- ✓ **More engaged in learning** – Playing outside promotes curiosity, creativity and critical thinking. Studies have found that children who spent more time in nature exploration had improved learning outcomes.
- ✓ **More positive in behavior**- Research has found that when children spent time in natural settings, they had less anger and aggression. Impulse control also improves. This might be especially important when normal routines have changed for children
- ✓ **Mentally Healthier**- Stress and depression are reduced for people who spend time in nature. Children show increased focus and reduced symptoms of Attention Deficit Hyperactivity Disorder.

Information from Healthy Children Website- <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Getting-Children-Outside.aspx>

## Connecticut state/town parks that are now open:

Note: Please check town and state websites for updates rules, hours and/or residency restrictions.

- Indian Well State Park- Shelton, CT
- Pequannock River Valley State Park- Trumbull, CT
- Great Hollow Lake- Monroe, CT
- Fairfield Parks and Recreation- Fairfield, CT
- Sherwood Island State Park- Westport, CT
- Seaside Park- Bridgeport, CT
- West Rock Ridge State Park- New Haven, CT
- Babcock Preserve- Greenwich, CT

## Online Nutrition Education from SNAP-Ed

During these times of social-distancing, the SNAP-Ed team at University of Saint Joseph wants to continue to offer amazing opportunities for you to join our nutrition education or our Health Coaching Program from your home!

Please click the link to learn how to [BUILD STRONG BONES](#) and for Spanish, [Haz clic aqui para construir huesos fuertes](#)

A great way to improve your health is to join our Health Coaching Program, email Debbie at [dbrinckman@usj.edu](mailto:dbrinckman@usj.edu) to begin.

## Family support through United Way- Noggin

United Way is offering a free learning tool for every family and community partner in costal Fairfield County with young children aged 2-6 years. Through a United Way worldwide partnership, families get free 90-day access to Noggin, which is a research-based learning service. This service uses popular Nick Jr. characters from shows like *Paw Patrol*, *Bubble Guppies*, *Dora the Explorer*, *Blue's Clues*, and *Peppa the Pig* to help teach lessons in pre-reading, math, science and movement. Noggin includes tv series, games, books, songs, play-a longs, and short- form videos with interactive activities in in reading, math, science, movement and mindfulness. United Way is determined to contribute to empowering families and children for the future.

Source: <https://unitedwaycfc.org/noggin>

## Simple healthy snack idea-

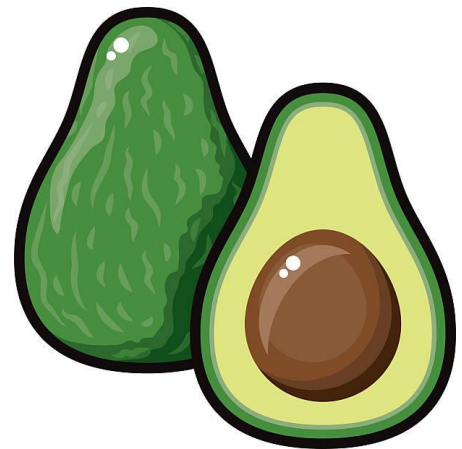
Instead of chips- try homemade avocado chips!

### Ingredients:

1 large ripe avocado  
¾ cup freshly grated parmesan  
1tsp. garlic powder  
½ tsp Italian seasoning  
Kosher salt  
Freshly ground black pepper

### Directions:

1. Preheat oven to 325 and line two baking sheets with parchment paper. In a medium bowl, mash avocado with a fork until smooth. Stir in parmesan, lemon juice, garlic powder, and Italian seasoning. Season with salt and pepper.
2. Place heaping teaspoon size scoops of mixture on baking sheet, leaving about 3" apart between each scoop. Flatten each scoop to 3" wide across with the back of a spoon or measuring cup. Bake until crisp and golden, about 30 minutes, then let cool completely. Serve at room temperature.



Source: <https://www.delish.com/cooking/recipe-ideas/a21948089/avocado-chips-recipe/>