

# WELLBEING IN ACTION

A weekly wellbeing newsletter offering resources, reminders and activities for working and living at home during the COVID-19 crisis.

## FOSTER WELLBEING!

**A** new normal requires us to adopt new habits and routines that will help us survive and maybe even thrive during this unsettling time. Perhaps more than ever, we need to actively manage our wellbeing. We can do this by:

- **Creating and maintaining routines where possible**
- **Staying connected to family and friends**
- **Seeking new resources for support, ideas, education and entertainment**
- **Adding intentional movement throughout the day**

Focusing on your wellbeing will help you remain grounded during this time and enhances your ability to help others.

## STAY CONNECTED!

Research tells us that **7%** of communication is accomplished through our words, including email.

**38%** of communication is voice.

A staggering **55%** is body language and visual.

The lack of face time can be challenging. Using technology can offer a solution to bridging the gap. Try new ways to integrate video into your conversations with coworkers, family, and friends.

Source: NAMI

## SIMPLY MOVE!

Regular movement is fundamental to good health. Moving or changing postures **every 30 minutes** is recommended. Try this **Head Tilt** stretch when you need a movement break.

### Head Tilt

#### neck and shoulder stretch



**NOTE:**  
Follow words in parenthesis when switching sides.

Sitting tall, extend right (left) arm to side.

Pressing palm toward the floor, slowly drop left (right) ear toward left (right) shoulder.

Hold for 3 - 5 deep breaths.

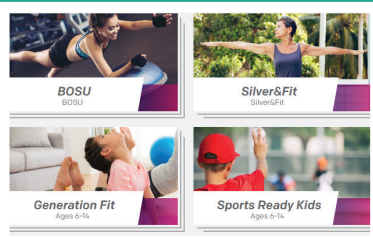
Repeat on other side.

## EXPLORE MORE!

### WELLBEATS

<https://portal.wellbeats.com>

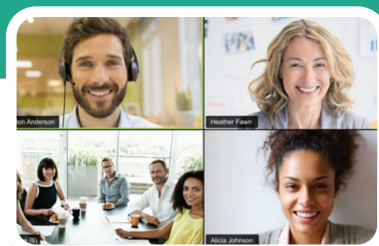
Use invitation code **57a4df63** for free access to hundreds of online physical activity, mental wellbeing and nutrition videos through **April 30**.



### ZOOM

<https://zoom.us/>

Free video (up to 25 feeds per screen) or audio for groups up to 100. Zoom works on all devices from landlines to laptops.



### AFRICAM

<https://africam.com/wildlife>

Live safari cameras in the African wild.



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