



# wellnews



April 2020 — Special Edition

## APRIL '20 COVID-19 SPECIAL EDITION

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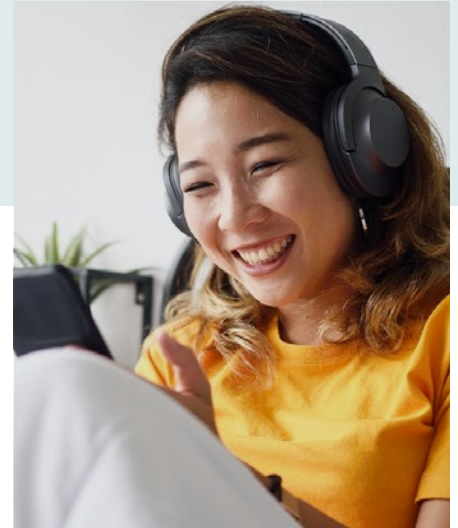
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## ASK THE EXPERT

### Coping with Covid-19

by Carla Ficorilli, M.S.

Life is changing right before our eyes, there's no doubt about that. We wonder if life will ever return to normal? With the strong encouragement to social distance, for many it can turn into social isolation and depression.



This is new territory for all of us, so be careful what labels you use to describe your situation. Do you see it as being "in prison"? "Trapped"? "Bored"? "Lonely"? "Afraid"? Or are you supporting each other and making the best of a bad situation? This will determine—and will have a lot of influence on—how you see things.

We know to protect our physical immune systems. But it's equally important to protect our psychological immune systems. If we don't, we end up with unproductive anxiety. No one likes uncertainty, and there are certainly anxiety-generating features of Covid-19. People fear losing their job, losing hours, how they'll pay the rent, or even if they'll be able to retire. They're genuinely afraid for the future. These fears and anxieties are real.

Experts say take it day by day. Resist the urge to ruminate and obsess about the future and its uncertainties. Acknowledge what's going on, but stay in the present.

Keep your routine: wake up, shower and dress, and eat at regular times—and eat healthy. It's not one long weekend. Yes, we're in a horrible situation, but this also allows us time to do things we didn't have time to do before. Coping is not a one size fits all: read that book, listen to that podcast, play with your kids, and learn a new hobby or craft. What can you do right now in the present to alleviate the anxiety? Move your body, clean out or organize closets, do puzzles. Switch your mind off from the news. It's OK to benefit from what's happening. That doesn't make you a bad person. There's a lot we can't control but one thing we can control is our attitude.

# Dealing With Social Distancing

by Kathleen M. Connelly, B.A., Certified Personal Trainer, Certified Health Coach



Cabin fever, bouncing off the walls, stir crazy; chances are you've uttered one of these phrases recently. It's no doubt that life will be and is stressful and boring for many of us right now.

It might not be our preferred way but we can all still stay connected during this social distancing time in our life. As our mom would say, let's turn lemons into lemonade. Take this opportunity to explore and learn something new.

- Try the new app QuarantineChat. It is a voice chat service that can connect you with other people around the world aiming to decrease loneliness.
- Explore famous museums and historic sites around the world by visiting <https://artsandculture.google.com/>. Tour places like Guggenheim in New York City, the Uffizi Gallery in Florence, Italy, and Paris's Musée d'Orsay.
- The National Park Service, <https://www.nps.gov/index.htm>, is offering virtual tours of various parks around the country. Tours may include: park panoramas, educational information, virtual hikes and webcams.
- Take a course for free through an Ivy League school. There are up to 450 courses that range from programming, to poetry, to health and much more that you can participate in from your home. Yale's most popular course ever, The Science of Well-Being is included in the list. Visit <https://www.classcentral.com/collection/ivy-league-moocs> for more information.
- The Cincinnati Zoo is offering Home Safari Facebook Live every day at 3 pm to bring the zoo animals to everyone staying at home. To watch live go to the Cincinnati Zoo's Facebook page at 3 pm each day. The home safaris will also be posted on the zoo's website <http://cincinnati-zoo.org/> and YouTube for everyone to view. Other zoos around the United States including the San Diego Zoo and the El Paso Zoo are providing web cams to give you a peak into the daily lives of some of their animals.

Using the above websites can also be great resources for

keeping little ones' interest piqued. For families, adults and children, it may be best to stick with routine; structure work hours/homework time in the morning, play outside/exercise in the afternoon, and a reward in the evening such as TV/ screen time or game time.

Watch out for falling into bad habits, such as online shopping or eating. Here are some of the ways you can continue to make activity a priority for you and your loved ones.

- Free online 20 minute workouts from Planet Fitness through their Facebook Live and You Tube pages. No equipment is required.
- 305 Fitness is offering free dance classes on their YouTube page.
- Access a variety of workouts through Y360, <https://ymca360.org/>. Options include: boot camp workouts, yoga, tai chi and active older adults.
- Peloton is offering free fitness classes for 90 days through its fitness app. The free trial includes yoga, meditation, cycling, running and more classes for anyone to try at home.
- Popsugar's ACTIVE app is available for free right now. The app offers treadmill workouts, video workouts and photo tutorials to help everyone stay active at home.

For those of us that need mindfulness and guided meditation, try Headspace. It has specifically designed free meditation, movement and sleep exercises to support individuals thorough COVID-19. This content can be found in the app under the tab Weathering the Storm. Headspace is also offering their Plus content to all healthcare providers. Visit <https://www.headspace.com/covid-19> for more information.

We can all make it through this but it is understandable that it will be challenging. However, don't forget to have a little fun while you are at home. Beth Gregory, Health Coach, created a playlist to get us all up and moving! Enjoy!!

[https://open.spotify.com/playlist/4HunwPi6pnychV9cRP14lr?si=f-8NR-v\\_TRikGEtFdkGnfg](https://open.spotify.com/playlist/4HunwPi6pnychV9cRP14lr?si=f-8NR-v_TRikGEtFdkGnfg)