



Creating Healthy Schools and Communities (CHSC): Supporting your health & wellbeing during COVID-19



With COVID-19 disrupting the safety and wellbeing of our school and community networks, it is more important now than ever before to prioritize your health, and the health of your family and community. This includes getting regular physical activity and eating healthy foods to support physical, social and emotional health. Although the coronavirus has challenged the way we approach many of these activities, there are simple and safe ways to integrate healthy practices and foster environments supportive of healthy behaviors.

CHSC will continue to support our partner schools and communities during these difficult and uncertain times. Below are a number of resources to support increased access to healthy foods, opportunities for physical activity, and improved social and emotional well-being.

We hope you and your loved ones remain safe and healthy. Our thoughts go out to those impacted by the coronavirus.

Helpful Resources and Information-Please click on the links below

- [Headspace](#): FREE meditation and mindfulness resources for New Yorkers
- [Western Suffolk BOCES Toolkit](#): FREE resource list for teachers and parents for continued learning, nutrition and physical activity
- [Island Harvest Food Pantry](#) – LIST of local food pantries on Long Island
- [Alliance for Healthier a Generation COVID-19](#): FREE updates and evidence-based resources to support the physical, social, and emotional health of children and their caregivers, educators, and employers & employees

VIRTUAL WALK WITH FRIENDS -ENGLISH AND SPANISH (note–please adjust to Eastern Time Zone)

There are two separate websites for the WWF for English and Spanish registration.

English: <https://healthedcouncil.org/mindful/virtual-walk-with-friends-group.html>

Spanish: <https://healthedcouncil.org/mindful/virtual-wwf-es.html>

If you have questions or are looking for more guidance, please contact:

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Creating Healthy Schools
and Communities

Stony Brook University Hospital

choice
FOR ALL



Tips and Tricks to Make the Best of Your Time at Home

By Brianna Kobylar

With the current COVID-19 pandemic, people all around the country are learning to adapt to social distancing and self-quarantining as people are confined to their homes for the time being. This is a big adjustment for most who can no longer leave their home for work, school, sports, or social events. Feeling stuck inside can easily lead to restlessness and can be mentally draining. Here are a few mindful tips to combat that cabin fever and adjust to the at-home life.

Maintain a Routine

When you aren't leaving the house, it can be tempting to lounge around in bed in your pajamas all day, but we all know we aren't our most productive this way and soon will feel stuck in a rut. Instead:

- * Try keeping to a normal sleep schedule – don't stay up too late and set an alarm for the morning. You won't get much accomplished if you're exhausted all day!
- * Follow your morning routine as you usually would then change into some daytime clothes. These clothes don't have to be fancy; they can be comfortable. It's just better to not spend the day in the same clothes that you sleep in.
- * If you are working from home, set up your own workspace. This should be a place that you can devote to just work, but you don't need a special office. For example, a dining room table can work great – but not your bed, where you'll be tempted to doze off. Bonus points for finding a space with natural light to brighten both your space and your mood!

Prioritize Personal Time

Spending your days enclosed in your house can make it easy to lay around and drift through your days, so it's important to set aside time to take care of yourself.

- * Whether you are working from home or taking classes, stick to a similar work schedule that you usually follow. It can be easy to let your work travel into your personal time when both activities take place in a similar physical space. Once your work time is over for the day, time to turn it off. Learn to close work tabs on your computer at the end of the day, clean up and have some personal time.
- * Your personal time can be anything that makes you feel fulfilled - whether that be spending time with your significant other, family, or roommates, reading a good book, watching Netflix, creating art, or picking up an old hobby you haven't felt you've had time for recently. This is your time to enjoy yourself.

Maximize Social Interactions

In your usual day-to-day life, you may spend more time than you notice talking to people in passing and having small side conversations. Now at home alone, it's important to keep up these social interactions for your happiness and sanity.

- * If you are safe at home with others, make sure to spend time together. As humans, we need this interaction.
- * Is someone you know home alone? Give them a call or even a video chat. Virtual hangouts can make up for in-person meetups.
- * Continue that usual small talk with coworkers via phone, zoom, or however you communicate. Keep it light! With everything going on, the constant news can feel depressing, so chat about some good things you have going on now.

Stay Active

Generally, everyone's anxieties are a bit high at the moment. A great way to fight this anxiety and stress is through exercise. Regular physical activity will also benefit your mood and immune system during these difficult times.

- * Being at home, you may find yourself fortuitously replacing the little walks around your office, your morning commute, running errands, or going out to lunch with a more sedentary lifestyle as you sitting around in the same spot for a large majority of the day. If working or taking classes from home, try moving during your lunch break; whether that be a walk outside, a walk around your house, or even put on your favorite music and just dance and move your body!
- * Try to get about 30 minutes of exercise each day; but if that sounds daunting workout for less time and work your way up. You'll feel better and better the more you stay active! Some more great ideas to stay active include hiking, walking, or biking at local parks or neighborhoods or free online workout videos via YouTube. Several companies are offering free online classes while everyone is staying quarantined. You can do any kind of workout that sounds fun to you – just remember if you're doing it with anyone else to stay 6 feet apart!
- * Spending all day at home can undoubtedly make people feel a bit trapped or unproductive, but with some mindful effort, you can make the best of this time at home. Come up with a few simple rules to follow on the daily.

BE WELL!!