



Community WELLNESS

Best Practices for Working from Home

Wellness AtoZ will be sending out weekly communication to help you and your family stay healthy and well as we practice social distancing by working from home. We hope this communication encourages you to continue practicing your health regimen from home and keeps your spirits lifted during this uncertain time. Please stay connected with us on social media via Facebook, Twitter and Instagram @GoWellnessAtoZ. We would love to see how you are staying healthy! You can tag us and use the hashtag #LiveWellNow



Wellness Tip of the Week

Take several breathing breaks throughout your day.
Diaphragmic breathing creates calm and focus.

Mindfulness: Check out this week's LiveWell Now! for a deep dive on Mindfulness.

Find balance: Schedule set and limited times for you to check media throughout the day.

Stay active: From the comfort of your own home "office" workout using chair yoga.

Social distancing: Schedule time in your day to FaceTime or videocall family and friends.

Hydration: Add fruits to your water for flavor.

Healthy meals: Ensure to eat vegetables or fruits with every meal.

Family Time: Bring the family together by playing a family board game or activity.

Balancing work with kids at home: Have a bottle ready before meetings.

Stay safe in the sun: Wear your favorite sunglasses and a strong sunscreen outdoors.

Transition back to the office: Maintain a schedule at home, respecting your workday.

LET'S TAKE A DEEPER DIVE INTO MINDFULNESS!

A healthy mind leads to a healthy body. The practice of mindfulness is one that you can do any time of day. As we transition into the spring season with beautiful weather, you can even take a mindfulness walk. Remember to be intentional in practicing mindfulness and schedule mindfulness breaks throughout your day. Fun Fact: Our brain does not have the ability to concentrate regularly for a longer time. The best it can do is to focus continuously for about 90 minutes or so, and then most must take a short break to clear their head. Since we are amid the new change of working from home, the recommendations on the next page can help ensure that you maintain healthy mental and emotional health.

Thank you for reading LiveWell Now! If you are trying any of these wellness tips or know of any that we can share, tag us on social media with your photos of how you and your family are staying healthy @GoWellnessAtoZ using the hashtags #LiveWellNow.



MEDITATION

One way to be mindful is to practice meditation. If you're new to the practice or would like more resources, visit M2's resource guide to get you started on your mindfulness practice journey. The resource guide includes short guided meditations, book recommendations on the topic of mindfulness, and other alternatives for meditation.

If you are looking for longer meditations check out these great options:

- 12-minute Breath Sound Body Meditation by UCLA Mindful Awareness Research Center
- 15-minute Breathing Meditation by Sharon Salzberg
- 20-minute Mountain Meditation by Jon Kabat-Zinn

There's an app for that. If you would like to carry your mindfulness and meditation practice with you on the go or have it at the convenience of your cell phone, check out the following apps for mindfulness and meditation:

- **Balance: Meditation**
- **Calm**
- **Headspace: Meditation & Sleep**
- **Shine: Calm Anxiety & Stress**
- **Smiling Mind**
- **Ten Percent Happier Meditation**
- **Unplug: Meditation**
- **Emotional Connectedness**

Even though we are physically away from our coworkers, friends, and perhaps, our extended family members, it is important for us to stay connected to them in other ways. According to Harvard Health, if we are spending more time alone, it may not necessarily mean that we are lonely. There are simple things you can do to stay connected to others during this time.

Practice kindness and gratitude

Express gratitude to those who are continuing to work amid the current circumstance to serve our community. From health care workers to grocery store employees and delivery personnel, there are many people who are working to ensure that our community is prepared. A simple smile, words of affirmation, and making eye contact are safe ways to express gratitude. Feel free to do so generously.

Stay connected with loved ones

Make time in your daily schedule to call a friend, coworker, or or loved one. Check-in on people to see how they are doing, share funny memories and stories, or catch up with a friend you haven't spoken to in a long time.

Be a friend

If you know someone who may not have a strong support system, reach out to them to see how they are doing. Don't make it complicated. A simple text message will do!

MORE WAYS TO PRACTICE MINDFULNESS

There are so many ways we can focus on being more present and feeling a sense of calm. This list of 50 best mindfulness practices provides options for everyone. Check out a few favorites:

Keep a daily journal

The practice of journaling can be a powerful way to release emotions and reflect on the beginning or ending of the day. You can try journaling about your day, your goals, or use different writing prompts for journal entries.

Repeat a positive affirmation

It's easy to get into a negative headspace during times like these. To help break this cycle, replace these negative thoughts with positive thoughts. The repetition of doing this helps you to be more mindful and feel more positive.

Get back to nature

Spending time in nature is a great way to be more grounded and present. Try taking off your shoes to feel the sensation of the ground, which we are most likely unfamiliar with. This is such a fun and relaxing way to spend time.