



# wellnews

May 2020 — Special Edition #3

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COVID-19  
SPECIAL  
EDITION #3

## Routine Matters

by Mike Granato, ACE Certified Health Coach and Sports Nutrition Specialist

Most of us are stuck at home during this time of social distancing and shelter in place and have fallen out of our regular routine. If you are anything like me, you may be on your third trip to the kitchen before 10 am and haven't exercised in a few days. Here are some tried and true to dos to help you get back on track with your routine.

**Keep the same timetable you had before COVID-19:** This can help define what and where certain tasks fit in your day and will provide solid boundaries to the workdays. Creating a sense of normalcy can help keep your regular daily habits. Keep the same sleep schedule and avoid napping

**Stick to the perimeter of the grocery store:** A lot of stores have an abundance of produce available, while the aisles containing the processed foods tend to be picked over. Shop the perimeter of the store to make healthier, and possibly more economical, choices.



**Plan snacks just as you would plan meals:** By planning healthy snacks and meals you're less likely to impulse buy and more likely to eat what you planned to eat.

**Choose protein-dense snacks:** These include nuts, seeds, dehydrated kale chips and low-sodium meat sticks.

**Eat beans for breakfast:** Beans are high in both protein and fiber and this helps you feel fuller longer. Add beans in a breakfast burrito, omelet, or try vegan breakfast sausages. For more ideas visit EatingWell.com and type "beans for breakfast" in the search bar.

**Be self-compassionate:** Our new way of life has it's challenges, so it's easy to be hard on ourselves for not feeling as productive at our job, or trying to deal with new family dynamics at home. Be kind to yourself. When you're engaging in negative self-talk, ask yourself if that is how you would speak to a friend. Consider bookending your day with a daily morning and nighttime meditation, exercise, or taking time for another form of self-care.

### Noblesville Schools Employee Health Center

**Health Coach:**

Alicia Robbins

ARobbins2@ecommunity.com

**Hours:**

Monday: 8am-1pm

Tuesday: 12-5pm

Wednesday: 1-7pm

Friday: 1-7pm

Saturday: 8-9am (Labs only)

9am-12pm (Appointments)

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## Practicing Gratitude

by Carla Ficorilli, M.S.,  
Certified Health Coach

A lot of us who are sheltering at home right now are striving to maintain structure. For some that may not be easy: we may be homeschooling while trying to get our own work done. In doing so we're trying to help our kids navigate their emotions about everything that's going on while processing our own.

Here are two quick exercises to help us focus on the good things in our lives. These can be done with your child, your spouse or partner or any family member.

### Gratitude Exercise:

- Have them take notice of something they've been given or have in their lives that they're grateful for.
- Have them think about why they've been given that gift, and reflect on how it makes them feel.
- Finally, ask if there's anything they want to do to show how they feel about it.

### Daily Quarantine Questions:

- What am I GRATEFUL for today?
- Who am I CHECKING IN ON or CONNECTING WITH today?
- What expectations of "normal" am I LETTING GO of today?
- How am I GETTING OUTSIDE today?
- How am I MOVING MY BODY today?
- What BEAUTY am I creating, cultivating, or inviting in today?

Source: Greater Good Magazine,  
The Science of Happiness

## Are You Returning to Work?

by Jackie Geib, B.A., Certified Wellness Coach

Just when we started getting used to working from home with kids around, pets snuggling on our laps and making office space in unusual places, it's time to start thinking about going back to what used to be our "normal work place." Returning to work will be different, no doubt about that! It will look different for each of us. Taking some time to prepare for the transition can help calm nerves and get our bodies used to a routine again. Here are some tips to start now so that your first week back will go smoothly and feel like "normal" again!

- Make and freeze meals now. We have all been cooking more so now is a good time to cook a little more and have extras.
- Write down routines that have been working well and that you want to keep. This can include exercise, hobbies, kids' activities, sleep, etc.
- Start operating on your work schedule again. Get up at "real work time" and go to bed at the time you used to for a full 7-8 hours of sleep. Get ready in the morning in your allotted time.
- Drive your route a few times before you go back to see if there are any changes.
- Rearrange your closet to make sure the clothes you need for work are easily accessible.
- Schedule a meeting with your manager to discuss any apprehensions or anxieties you may have.
- Keep a journal, notepad or space on your phone to be able to easily jot down notes or thoughts in your head.
- Schedule meetings with your health coach, fitness specialist or dietician to help keep your wellness in check!
- Prepare your pets to ease their separation anxiety.
- Connect with your co-workers before you return if you have not been in regular contact. Talk about some of your feelings about going back and what you are most looking forward to.
- Schedule at least 5 minutes of reflection/meditation in your day to continue upon your return to help ease tension and manage your stress level.



Here's another playlist by Health Coach Beth Gregory to help you cope, bring hope and celebrate heroes:

<https://open.spotify.com/playlist/0PYfkwON9HbUFi4wycAk7M?si=G3eDOcz6QQW3rD73VHILjQ>