



wellnews

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COVID-19
SPECIAL
EDITION #4

More “Work From Home” Than You Bargained For

by Scott Haase, BA, Health Coach & Personal Trainer

Do you miss your drive from work? A time to decompress and switch from “work” mode to “home” mode? You are not alone. In the Health Promotions Dept., the most common effect the pandemic has on employees is balancing “work” and “home” when both are under the same roof. Here are some tips to help separate work life and home life.

Vision & Expectation Treat your entire schedule/work day as a goal. Your vision of work includes a specific start and end time. Create a specific place that is your “work from home” office to allow you to leave your work items all in one place. Build your schedule with realistic expectations. If kids are at home, expect there will be interruptions and distractions, expect that it will not be “normal”. Add in 5 or 10 minute breaks to check in on the kids. This lets everyone know when you have time for a quick question or can help with a task.

Communication & Understanding Communication is key. If you live with others, discuss everyone’s needs, wants, and obstacles on a regular basis. If there are important calls, set reminders or fill out a calendar. If someone wants a 15 minute break, schedule it. If laundry is ideal on Tuesday while the kids sleep, and they unexpectedly wake up, understand that this may need to be moved to another time. If you have older kids, schedule set times for them to read, play outdoors or even start having them help make meals. Kids helping make dinner can create great “work to home” transition time for parents.

Activity Although not always easy, the concept is simple. The more you move, the better you will feel and the better you can cope. Use the above strategies to plan activity in to your day.

Here is an example of the above strategies. “Start work at 7:45am in my guest bedroom (my new office) after a thirty-minute, morning walk, 3 d/wk. I will take a 30 minute lunch. Work is done at 4:45pm at which time my spouse and I agreed I will take 15 minutes to wind down. She will exercise when the kids nap and she will also have 5:00-5:30pm to herself before we both prepare dinner.”

Lastly, exercise some schedule flexibility, and things will go even smoother.

Noblesville Schools Employee Health Center

Health Coach:

Alicia Robbins

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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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Kids in the Kitchen

by Jessica Robertson, MA, RD, CD

Now is a great time to get your kids in the kitchen and teach them one of the most important life skills they'll ever learn – how to cook. Teaching kids to cook takes patience, but the time you put in now will pay off later. Kids as young as two can get involved in the kitchen by tearing lettuce, washing fruits and vegetables, or mashing ingredients. It can help with other skills too—reading, math, as well as building creativity, confidence, and healthy habits for a lifetime.

Be a cooking coach.

Demonstrate first, then let them take the lead. Resist the urge to take over when things go awry. Mistakes are part of the process.

Don't squash their creativity.

Offer guidance, but allow their ideas to flow. Kids who are confident in the kitchen tend to be more adventurous eaters.

Enjoy the quality time. The kitchen is a great place to connect with your child.

Kids who are involved from planning to putting food on the table will be more connected to the meals. And they'll learn even more healthy habits.

Incorporate theme nights. Tacos, soup and salads, or breakfast.

Build well balanced meals with fruits, vegetables, whole grains, and lean proteins.

ALSO: Curious Chef tools on Amazon has cooking utensils for tiny hands.

The Complete Cookbook for Young Chefs by America's Test Kitchen is a great resource for 8-12+ year olds.

Getting Back to “Normal”

by Tyler Garrettson, ACSM PT, MD Anderson CTTP

As the COVID-19 virus continues to spread and we inevitably move back into our normal daily routines, it is important to remember the risk for contracting and/or spreading the virus is still there. For areas of the country that are returning to business as usual, making sure that you are limiting your risk of exposure should still be in the front of your mind.



According to health experts, our risk increases or decreases based on the environment we are in, the people who are there and how much time we spend doing the activity. Popular summertime outdoor activities such as parks, pools, and beaches are going to be lower risk than being indoors, especially if a 6ft. distance is maintained. Activities indoors like grocery shopping, going to a gym, eating at a restaurant or having a group get together are a moderate risk. Higher risk activities for contracting COVID-19 include getting a haircut, going to a bar and flying.

If it's necessary to be indoors and in close proximity with others outside of your household, then wearing a cloth face covering is recommended and in some places around the country required. When making essential trips, utilize curbside pick-up, visit during less trafficked times, and wipe down shared items such as carts, baskets, and gas pumps. This can help decrease risk of transmission.

Recently, the Texas Medical Association released a chart rating risk level including some of the activities mentioned above. Visit [texmed.org/coronavirus/](https://www.texmed.org/coronavirus/) for more information. Medical professionals want to spread the word that the risk of contracting COVID-19 is still out there even as states open businesses. It is important to remember that every state is unique; timelines for your state's reopening may be different. Travel restrictions in other states and/or local governments may still be in effect or go into effect at any time. For those preparing for travel, reviewing the CDC's "Considerations for Travelers- Corona Virus in the US" page for up to date information may be useful.

For more information go to

[cdc.gov/coronavirus/2019-ncov/daily-life-coping/deciding-to-go-out.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/deciding-to-go-out.html)

No matter what you are trying to balance in life, try listening to this mellow playlist by Health Coach Beth Gregory to relax the body and the soul:

<https://tinyurl.com/y7r79y85>