



PROTECT YOURSELF FROM COVID-19 .

These days, you can't read, watch, or listen to the news without hearing about the COVID-19 outbreak. You also can't go far without seeing, reading, or hearing about what you can do to protect yourself from the illness.

Unfortunately, not all the information being shared is accurate. So, let's make sure you've got good information.

First of all, a couple of don'ts:

Don't wear a mask to avoid the disease – even the U.S. Surgeon General has said they're not effective.

Don't think hand sanitizers will protect you. They're good, but simply washing your hands well is better.

And now for what you can do:

Wash your hands, thoroughly and often. COVID-19 sits on surfaces waiting for you to touch them. Once you do, the best way to get rid of the virus is with soap and water.

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Don't touch your face. Doing that is the most likely way you'll introduce the virus to your system.

Stay away from people who are sick.

Clean "high-touch" surfaces often with disinfectants (alcohol is especially effective against COVID-19). This includes counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards and bedside tables.

In addition, experts suggest that everyone have a 30-day supply of essential medicines and prescriptions, as well as staples such as cold medicines, pain relievers and laundry detergent.

And, if you are not feeling well, help to protect everyone else: Stay home, keep visitors away, and maintain good disease-control practices.

Sources: <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>. Accessed 6 March 2020. <https://www.nytimes.com/article/prepare-for-coronavirus.html>. Accessed 6 March 2020.

Smart Facts

UP TO 6 FEET

is how far it is estimated the COVID-19 virus can travel through the air.

20 SECONDS

is the minimum time you should spend each time you wash your hands.

29 MILLION

Americans have contracted the flu this flu season.



STAY ACTIVE AT HOME .

COVID-19 is making an impact on how we go about our day-to-day activities. Our children are doing e-learning classes from home and many of us may find ourselves working from home now, too. During these unprecedented times, it can be easy to sideline things you may feel are not as important. However, your health should not be one of those things.

As we continue to "social distance" ourselves from the rest of the world, we may start to develop feelings of loneliness and anxiety. Exercise can help!

Exercise releases chemicals like endorphins and serotonin that improve moods and can help reduce stress, depression, and anxiety. However, finding the motivation to work out at home is not as easy as it sounds.

Here are some tips to help get the motivation you need to keep you active from home:

Build a schedule and stick to it. Make a calendar and set times and days for certain workout routines. This will help encourage you to stick with your plan regularly.

Find an online community. Just because your gym may be closed, doesn't mean there aren't other alternatives to work out with like-minded people. Between YouTube, fitness apps, and social media, there are many options to find people to work out with.

Set goals and reward yourself. Setting daily, weekly, or even monthly goals can help you stay on track. And when you reach a goal you set, don't be afraid to celebrate it!

Switch it up. It's easy to become bored by doing the same thing repeatedly. Switching up your fitness regime can help you continue to feel excited about working out.

Pump up the jams. Music is a motivator. With the perfect playlist, your workout will be more enjoyable, which can lead to more calories burned.

Sport your gear. Putting on your workout clothes is the first step to getting you moving. If you feel like skipping your routine, putting on your running shoes may significantly change your motivation.

So, while things feel a little uncertain right now, exercise can continue to be your normalcy during unusual times.



Exercise reduces chemicals like endorphins and serotonin that improve moods and can help reduce stress, depression, and anxiety.

Sources: [https://www.healthdirect.gov.au/exercise-and-mental-health#:~:text=](https://www.healthdirect.gov.au/exercise-and-mental-health#:~:text=,). Accessed 19 March 2020.
<https://metro.co.uk/2020/03/18/stay-motivated-working-home-12417950/>. Accessed 19 March 2020.

THRIVING DURING COVID-19 WHILE SOCIAL DISTANCING.

BY RYAN BOJRAB, DPT

Thriving during COVID-19 will take a shift in mindset, and that's tougher than we think—especially when we're afraid. Fear and anxiety can drive us to become very self-focused. The evidence from public health experts is clear. The threat from the COVID-19 virus is real, but it's not absolute. Denial is unsafe, and panic never served anyone. When we go into fight or flight response, the executive functions of our brains go offline, and we can't see clearly. This makes us prone to bad decisions that at best waste our time, energy and resources when we need them most, or at worst put ourselves and others at risk.

What can you do to stay calm?

If you're feeling stressed, pay attention to how you're breathing. Take a deep breath in through your nose and let it out slowly from your mouth, focusing on belly breathing. This will calm the fight or flight response and reboot your prefrontal cortex so you can use your critical thinking.

Then, get curious about what's happening. What do you really know? What's most important right now for you? What information, resources, and other support do you need, or can you provide to others through this challenge? This is what it means to keep our wits about us.

What resources are available?

There are many resources we have access to—whether you need to destress, stay active and healthy, or talk to a therapist. Here are a few:

- **Calm** or **Headspace**: Meditation and sleep apps.
- **Talkspace**: Counseling and therapy app.
- **Happify**: An app with science-based activities and games to help overcome negative thoughts and stress.
- **MyFitnessPal**: Fitness app that tracks diet and exercise.
- **Telemedicine**: Connect with certified doctors online with your smartphone or computer (e.g. LiveHealth Online, Virtual Visits).
- **Employee Assistance Programs**: An employer-sponsored resource to find the right solutions for your needs.

Remember, our fight or flight response evolved to help us overcome simple challenges, and our prefrontal cortex evolved to help us overcome more complex ones like this. By paying attention, taking a deep breath, and remaining curious, we can ensure we see clearly so we can act wisely in response to these challenges.



Stress Awareness Month

We live in stressful times, but that doesn't mean stress has to be a constant in your life. You can combat it with everything from simple measures such as FaceTiming friends and reducing caffeine intake to bigger undertakings, such as adopting a healthier lifestyle and embracing a more positive outlook. Learn more at <https://www.isma.org.uk/pdf/free/top-ten-stress-busting-tips.pdf>.

HARVEST OF THE MONTH: SPRING PEAS

If you're a gardener who finds it hard to wait until May to start playing in the dirt, then spring peas are the crop for you. And if you're someone who just craves garden-fresh food early in the season, you'll love peas, too.

One of the first crops planted each year, peas can be called an "early" crop for other reasons, too. They date back thousands of years, and are considered to be one of the first plants that humans cultivated for food. When early settlers came to North America, they ate peas on the way over and immediately made them a garden staple.

While simple, the plants are also versatile. They can be consumed raw or cooked, enjoyed in their pods or out, kept fresh, dried, or frozen, and prepared in countless ways.

In the garden, their seeds can be planted when the ground is still cold, with some legends claiming St. Patrick's Day is a lucky day for planting peas.

If you're picking or buying fresh peas, look for bright, plump and glossy pods, unless you're buying snow peas, in which case you'll want flat and glossy pods. Either way, they should be crisp when you bite them.

Sources: <https://www.cookinglight.com/eating-smart/nutrition-101/how-to-grow-shop-for-peas>. Accessed 20 April 2017.
<https://www.gardensalive.com/product/for-lots-of-spring-peas>. Accessed 23 March 2020.



Typically, you'll want to enjoy fresh peas as quickly as possible, but if you do need to store them, put them in the refrigerator. If you plan to shell them, wait until you're ready to eat or cook them. That will preserve their flavor, color and texture.



Recipe: Creamy Spring Peas with Pancetta

Ingredients:

Kosher salt
2 cups shelled fresh English peas or thawed frozen peas (about 10 ounces)
1 lb sugar snap peas, trimmed
¼ pound snow peas, trimmed and thinly sliced
4 ounces pancetta, chopped
2 tablespoons all-purpose flour
1 ½ cups low-sodium chicken broth
½ cup heavy cream
Juice of one lemon
Freshly ground pepper

Directions:

Fill a large bowl with ice water. Bring a large pot of salted water to a boil over high heat. If using fresh English peas, add to the boiling water and cook until tender, about 1 minute. Add the snap peas and cook until bright green, about 2 minutes. Then add the snow peas and cook 30 seconds. Drain the peas and plunge into the ice water to cool. Cook the pancetta in a large skillet over medium heat until crisp, 8 to 10 minutes. Transfer to a paper towel-lined plate with a slotted spoon. Add the flour to the drippings in the skillet and cook, whisking, until toasted, about 1 minute. Whisk in the chicken broth and cream and cook until reduced by one-third, about 6 minutes. Drain the peas, shaking off the excess water, then add to the skillet (if using frozen peas, add them here). Cook, stirring, until heated through, 3 to 5 minutes. Stir in the lemon juice and season with salt and pepper. Transfer to a serving bowl and top with the pancetta.

Nutrition Information:

CALORIES: 216; **SUGARS:** 7G; **FAT:** 13G; **CARBOHYDRATES:** 17G; **PROTEIN:** 11G;
CHOLESTEROL: 43MG; **SODIUM:** 595MG; **DIETARY FIBER:** 4G

Source: [https://www.foodnetwork.com/recipes/food-network-kitchen/creamy-spring-peas-with-pancetta-recipe-1973270#/. Accessed 6 March 2020.](https://www.foodnetwork.com/recipes/food-network-kitchen/creamy-spring-peas-with-pancetta-recipe-1973270#/)