



WEST CAPITOL COURTYARDS: HEALTHY EATING & ACTIVE LIVING

A community newsletter
brought to you by Health Education Council



MAY IS MENTAL HEALTH AWARENESS MONTH

by Health Education Council

May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience. During this time of quarantine it is important to protect all aspects of your health, including your mental health.

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MANAGING YOUR MENTAL HEALTH

“Be kind to your mind.”

CONTINUED FROM PG. 1

Source: Centers for Disease Control and Prevention

Now is the time more than ever to seek out support to help manage your mental health, so you do not feel helpless in a time of such uncertainty. Here are four strategies you can implement to manage your mental health during the COVID-19 quarantine.

1. Take breaks from watching, reading, or listening to the news. This includes breaks from social media. While it is important to stay informed, too much information can stress the mind and body.
2. Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well balanced meals. Get fresh air, and exercise regularly. Try to get adequate amounts of sleep, and avoid alcohol and drugs. Make the time to unwind. Try to do activities you enjoy
3. Connect with others. Physical social distancing and stay-at-home orders are in place to protect everyone. The Covid-19 quarantine is designed to slow the spread of the disease but does not mean we need to disconnect from each other. Set up a Face Time, Skype, Google Hang out or Zoom “date” with at least one person every day. Talk to the people that you trust about your concerns and how you are feeling.
4. Create a daily routine. One of the aspects that you DO have control over during this uncertain time is your daily routine. Create some structure in your life such as establishing a set bed time and wake up time, eating regularly to fuel your body, plan how you will work remotely and/or help your kids with their daily school work.

LEARNING ABOUT COVID-19: HOW TO REDUCE TRANSMISSION

CONTINUED FROM PG. 1

Prevent the spread of COVID-19 in

7 STEPS

- 01 Wash your hands frequently
- 02 Avoid touching your eyes, nose and mouth
- 03 Cover your cough using the bend of your elbow or a tissue
- 04 Avoid crowded places and close contact with anyone that has fever or cough
- 05 Stay at home if you feel unwell
- 06 If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07 Get information from trusted sources



SOURCE: WORLD HEALTH ORGANISATION

“Limiting face to face contact with others is the best way to reduce the spread of COVID 19.”

-Centers for Disease Control and Prevention



SOURCE: WORLD HEALTH ORGANIZATION

WHAT IS SOCIAL DISTANCING?

CONTINUED FROM PG 1

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:



- Stay at least 6 feet (about 2 arms’ length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

TIPS TO STAY PHYSICALLY ACTIVE

CONTINUED FROM PG. 1

Be active at home during #COVID19 outbreak



- 1 Try exercise classes online
- 2 Dance to music
- 3 Play active video games
- 4 Try skipping rope
- 5 Do some muscle strength & balance training



#BeActive #HealthyAtHome

Be active at home during #COVID19 outbreak

- 1 Regularly check your sitting posture while working from home
- 2 Break up your sitting & stand up while working, on the phone, or watching TV



#BeActive #HealthyAtHome

TASTY AND HEALTHY RECIPES

CONTINUED FROM PG. 1

Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections. Try this tasty recipe, frozen blueberry bites, to cure that quarantine sweet tooth.

Ingredients:

- 1 cup blueberries
- 1 cup non fat greek yogurt

1. Place blueberries and Greek yogurt in two separate bowls. Place a piece a parchment paper on a large baking sheet.
2. Drop each blueberry into Greek yogurt with a spoon, swirl around to coat and place on the parchment paper. Repeat until all blueberries are covered.
3. Freeze for an hour, and enjoy as you please.



LOCAL COMMUNITY UPDATES

CONTINUED FROM PG. 1

In response to the COVID-19 outbreak Yolo County Food Bank is offering a free, "no contact" food box delivery for low income senior citizens and other Yolo County residents with underlying health conditions who are not able to leave their homes. This service provides a weekly home delivery food box, supplemented with a bag of fresh produce, dairy products, and other essential items.

If you believe that you or a family member qualifies, contact Richelle Cullen (of Health Education Council) at rcullen@healtheducouncil.org or (916) 556-3344.



HEC would also like to extend an open invitation to the next virtual CACHI (California Accountable Communities for Health Initiative) meeting on May 20th at 1:30 pm, where the you can connect with local providers about their organization's responses to the COVID-19 pandemic and share resources with each other. Please call HEC at (916) 556-3344 to RSVP and we will send you the Zoom app link to the video meeting.

THINKING ABOUT QUITTING SMOKING?

Call 1-800-NoButts (1-00-662-8887) for a free nicotine patch starter kit. Quitting smoking can decrease your risk of developing cancer or having a heart attack. It is one of the best things you can do to improve your health. The California Smokers' Helpline has counselors available in five different languages to help you quit.

English: 1-800-NO-BUTTS (1-800-662-8887)

Chinese: 1-800-838-8917

Korean: 1-800-556-5564

Spanish: 1-800-45-NO-FUME (1-800-456-6386)

Vietnamese: 1-800-778-8440

You can also get help by texting "Quit Smoking," to 66819.



For information on food assistance, mental health, financial and other resources, please contact us at (916) 556-3344.

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