



LiveWELL Now!

May 4, 2020



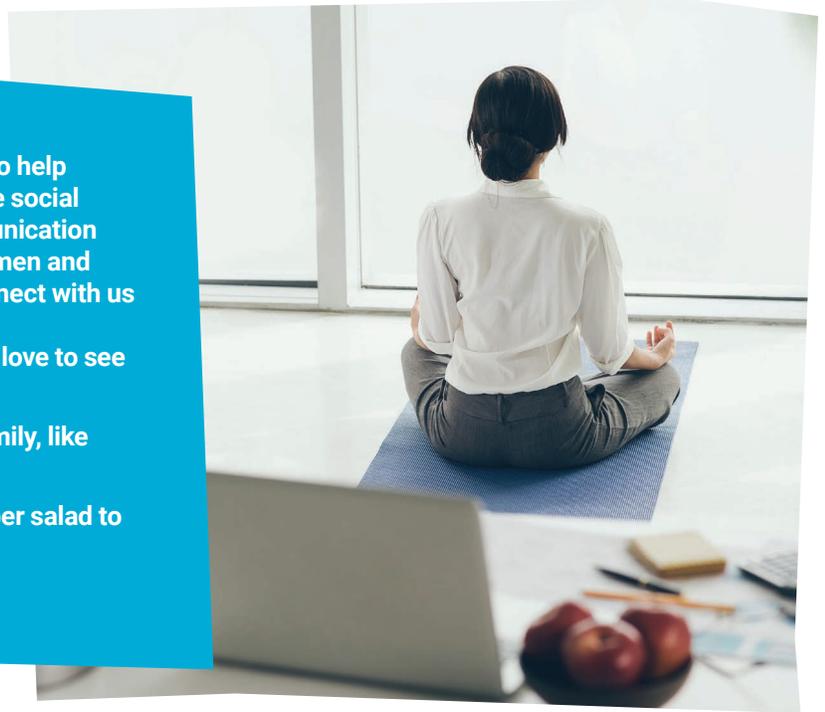
## Community WELLNESS

Best Practices for Working from Home

Wellness AtoZ is sending out weekly communications 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 and keeps your spirits lifted during this uncertain time. Connect with us on social media via Facebook, Twitter, and Instagram @GoWellnessAtoZ and tag us #LiveWellNow. We would love to see how you are staying healthy!

**Weekly wellness tip:** Create new traditions with your family, like Saturday breakfast!

**Healthy recipe of the week:** Add this refreshing cucumber salad to any dish or try it as lite lunch!



## LiveWELL Now!

Best practices for working from home



**Mindfulness:** Check in with yourself throughout the day. If your body is tense, try relaxing. If your mind is wandering, try redirecting it to the present.

**Find balance:** Take a day off from social media.

**Stay active:** Be gentle with your feet, knees, and legs by using suitable exercise gear to prevent injury.

**Social distancing:** Decorate your front door to celebrate your graduating senior or to welcome summer!

**Hydration:** Thirst can be confused with hunger. When you feel hungry, drink water to see if you were actually just thirsty.

**Healthy meals:** Read the labels on foods you purchase to check for any added sugars or ingredients.

**Family Time:** Check out this week's LiveWell Now! for a deep dive on creating meaningful moments with your family!

**Balancing work with kids at home:** Capitalize on naptime to get your most important tasks done that require focused time.

**Stay safe in the sun:** Be wary of overcast days. The presence of clouds doesn't protect you from the sun's rays.

**Transition back to the office:** Adjust your environment to make it the most comfortable and productive work environment for you by bringing a sweater or small blanket if you get cold easily.



## FAMILY ACTIVITIES TO KEEP YOU BUSY WHILE SHELTERING IN PLACE

Right now, staying at home is the best way to stay healthy. But, staying at home creates other challenges. For many, the day-to-day is now limited to four walls. This means that you roam from your living room to your kitchen to your bedroom and back again. If this looks like your typical day, then let's spice up your routine with some fun and safe virtual excursions.

### 1. Enjoy the wonders of wildlife and nature

Take a virtual safari with the Phoenix Zoo! Explore one of the country's largest nonprofit zoos and get a behind-the-scenes look at exciting wildlife! Take your digital safari today or check out the Phoenix Zoo's online educational programming.

### 2. #TikTok Challenge with family

If you haven't explored TikTok yet, are you even quarantining? Many families are tapping into their creativity to create skits, lip-sync, learn dances, sing, or make tutorials. If you want to tap into your artistic side or just simply have fun with your family, consider downloading TikTok. Just a friendly reminder to ensure that all participants are of age and have parental permission and supervision to participate. Need some dancing inspiration? Click here.

### 3. Watch your favorite shows and movies together

Shelter in place is the perfect time to binge your favorite T.V. show or movies. Create your own movie theater experience by dimming the lights, gathering your favorite movie snacks, and turning off your cell phone. Get ready to laugh together at a comedy, cry at an inspirational story, or scream at a scary movie! Check out this binge-list to find your next show.

### 4. Family game nights

It's time to bring out the board games, virtual trivia, or smartphone games! Not only are games fun, but they are a reminder of valuable life skills such as patience, sportsmanlike conduct, following rules, and strong communication. A fun game can also be a teachable moment! Get your orders ready with this list of family approved board games.

### 5. Learn yoga

Practice wellness as a family by trying yoga together! There are so many benefits to yoga, and your kids can also benefit from joining you. Cosmic Kids offers yoga options for children, so the whole family can participate. Stay zen and namaste!

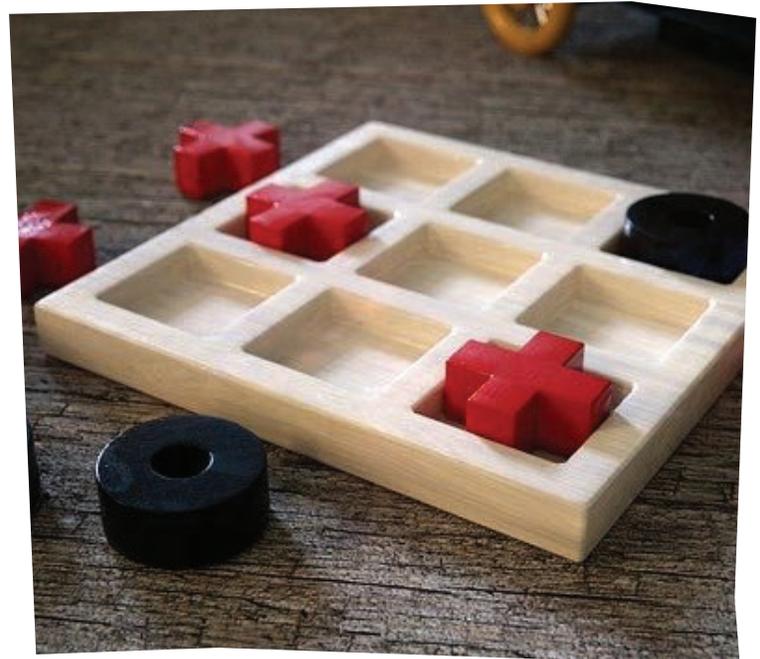
### 6. Take a virtual tour of an art museum

Take a virtual trip across the nation and around the globe by taking virtual museum tours! You virtually experience the beauty of art at some of the most incredible museums around the globe right from home. The National Gallery of Art Museum in Washington D.C, the Metropolitan Museum of Art in New York City, and the Louvre Museum in Paris all offer virtual tours. Or keep it local by checking out the Phoenix Art Museum's galleries online.

### 7. Scholastic learning

Continue to foster a learning and creative environment at home for your whole family! Scholastic has a learn at home program, which includes daily projects for children of all ages to keep them learning, thinking, and growing. You can also keep it local by following the Arizona Science Center for live learning moments!

*Adapted from americasaves.org*





## FOSTERING FOCUS DURING DISTANCE LEARNING

With the global pandemic and limited social gatherings, students and parents have drastically changed their daily lives to accommodate distancing learning. These tips can help your student succeed with at-home learning.

### Create dedicated study space for student

If you haven't already done so, have a conversation with your student about where they feel they can best study and learn. It would be ideal for the student to have a desk surface where they can study. However, for many students feel the most productive studying and learning from the comfort of their bed, while not ideal, this can work with the proper equipment. In any place that is designated as their study or learning space, they must have the necessary supplies to foster that learning space such as school supplies, power outlet accessibility, and adequate lighting.

### Schedule learning time and studying time separately

You may have created an at home school schedule when your students first began participating in remote learning. Now is a great time to review that schedule and ensure it is still working for you and your student. A perk of learning from home is that students have the flexibility to choose their schedule and learn a time that is optimal for them. It's also important that once the schedule is set, that your student follows it. Remember, the schedule will set the tone for distance learning and create a routine for the student. Also, as final exams approach, help your student keep learning time and studying time are distinct. With studying time, this is the time that a student would use to

do homework/projects, review materials they learned that day during in-class instruction, or study for quizzes and exams. It is important for the student to have a distinction between these times, so they can avoid feeling overwhelmed.

### Preparation for assignments and tests

Learning at home is a big shift for students. It is important that they continue to practice skills they would typically use in an in-person classroom such as note-taking, working on any study guides, participating in virtual study groups, and completing their assignments on-time.

### Study group

While students can't physically gather in-person to study, technology provides a platform for anyone to stay connected. If your students learn and work best in a group setting, it may be a good idea for them to form a virtual study group—they can use Zoom or Facebook Groups to create a fun learning group. If your child is younger, work with them and other class parents to plan the study group.

### Stay in touch with educators

This transition to online learning is just as challenging for many teachers as it is for students. If your student is struggling with the class or homework, reach out to their teacher. Keeping open lines of communication will help you work with their teacher to find a solution that supports your student in their new learning environment.

*Derived from homeschool.com*





## COOKING, FAMILY, AND QUARANTINE EQUALS A RECIPE FOR FUN

Cooking can be fun, but it can also be a lot of hard work, especially now that households are preparing three meals at home, every day. The tips below will provide some creative ways to transform your cooking time into family time!

### Eat together

Working from home has some perks—no commutes, casual dress codes—but it also creates some challenges, like homeschooling, meal prepping, family squabbles, and many other things. With all of this, it is important that you make some things in life simple—including cooking and mealtime. One quick tip to make this easier—everyone in the household should eat the same thing at the same time. Eating together is more efficient and creates space for the family or household members to unplug from technology and connect with each other.

### Determine what's for dinner

How many times a week do you wonder, or are you asked, "What's for dinner?" To help minimize how often you're left wondering what to eat or cook, create a weekly dinner menu and write down! Planning your meals in advance will add some order to your week. This is an essential to saving time and reducing stress. Plus, it will help you when you run to the grocery store or place your grocery delivery order.

### Double dinner portions

With the extended stay-at-home order, many are cooking more and more at home. A great way to save time and energy is to

batch cook. Try doubling the portions of your dinner recipes so that leftovers can be frozen for a future meal or throughout the week.

### Pick your dishware

Eliminate single dishware use. A never-ending pile of dishes in the sink is overwhelming and irritating. To avoid this, designate a dishware set (utensils, plate, bowl, and cup) for every person in your household. Each person is responsible for their set each day—using it for each meal and washing it in between meals. The rules are simple—you use it, you clean it!

### Be helpful to others

The great thing about having a family is that you have a home team to help with the household responsibilities. Delegate tasks to different members of the family (prep-cooks, dishwasher, table-setter, vegetable washer, and trash point person). This is a great way to turn a simple responsibility into a family activity. It also instills the value of teamwork and team spirit. Make it fun by creating a family anthem!

### Divide the snacks

To avoid any family battles over the coveted snacks (think chips, cookies, and crackers), pre-ration snacks so that everyone gets their fair share. Tip: Use little baggies or containers to ration snack items and label them using a Sharpie.

*Adjusted from sunset.com*

