

Meditation & Exercise for Coping

Practical Strategies for Physical & Mental Health



Fight Stress with Healthy Habits

10 Simple Steps to Stay Calm



Stock the Pantry

Staple Ingredients for Quick Healthy Meals



Responding to COVID-19

The COVID-19 pandemic is putting the wellbeing of millions of people at risk. At this difficult time for the global community we can each play a vital role in helping to reduce the impact and look after ourselves and each other.

1. Listen to the experts

The most important concept that we all need to understand is the importance of "flattening the curve" to delay the spread of the virus. So even if we aren't in a high-risk category or area, our actions have the potential to reduce the burden on the health system and help save lives.

2. Keep calm

Although we need to be careful, we should also stay calm and try to help others around us to stay calm too. Daily practices of mindfulness and gratitude can be extremely beneficial to help us cope. And although we may have to spend less time face-to-face with others, we can still stay in touch with loved ones and take time to share appreciation and support others.

3. Make wise & kind choices

To protect our wellbeing and support others, we should do whatever we can to avoid coming into contact with the virus and to be considerate to others. Specifically it is vital that we **wash our hands** and protect others by following good hygiene principles. We can make a big difference by supporting loved ones and showing solidarity. This is a time to really celebrate our common humanity and treat everyone with empathy and compassion.

MetroHealth Resources: 24/7 Hotline 440.592.6843 or www.metrohealth.org

Remember: social distancing, wash your hands often and be kind to each other.

Excerpted from: ActionforHappiness.org

Meditation & Exercise for Coping

In times like these, we need practical, actionable ways of coping with stress, fear, and anxiety. Here are a few tips for maintaining your physical and mental health during these challenging times.

Exercise

Your favorite gym might be closed or exercise class cancelled, but circuits can be a great way to exercise at home. Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times. Choose 3 to 4 exercises from each list.

Cardio Exercises:

- Jumping jacks
- Jumping ropes
- Jogging/march in place
- Stair-climbing/step-ups
- High knees
- Mountain climbers
- Star jumps
- Burpees

Strength Exercises:

- Plank and side plank
- Pushups
- Sit-ups or crunches
- Hip lift/bridge position
- Tricep dips on a chair
- Lunges
- Squats/chair position
- Wall sits

Source: Heart.org

Meditation

Meditation and mindfulness can be valuable allies at times like this. Websites such as TenPercentHappier.com offer a variety of

meditation books, podcasts and other resources. Coronavirus-specific resources can be found at <https://www.tenpercent.com/coronavirussanityguide>.



Yoga

A regular yoga practice can assist with reducing stress, anxiety and tension. Learn about specific yoga poses that promote relaxation and calmness. Resources such as <https://www.doyogawithme.com/> offer free online yoga for all levels, including beginners.

Fight Stress with Healthy Habits

1. Slow down

Plan ahead and allow enough time to get the most important things done without having to rush.

2. Snooze more

Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. Let worry go

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

4. Laugh it up

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. Get connected

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. Get organized

Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

7. Practice giving back

Volunteer your time or spend time helping out a friend. Helping others helps you.



8. Be active every day

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. Give up bad habits

Too much alcohol, tobacco, or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. Lean into things you can change

Make time to learn a new skill, work towards a goal, or to love and help others.

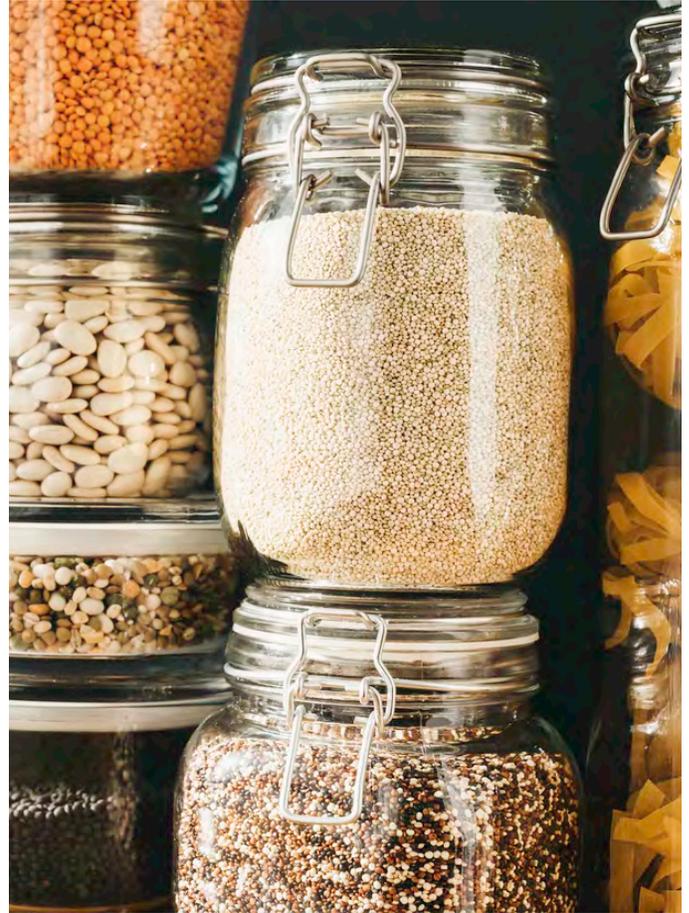
Source: Heart.org

Staple Ingredients for Quick Healthy Meals

For hassle-free healthy meals in a hurry, be prepared with a well-stocked kitchen. This means always having some basic ingredients in your cabinets, pantry, fridge and freezer. It can save time and worry on those busy days when you don't have a chance to get to the grocery store.

Cabinets and Pantry

- Dry beans like black beans, chickpeas, pintos and red beans
- Canned “dinner builder” items like beans, chicken, salmon, tuna and soup
- Canned vegetables (like carrots, corn, green beans, peas, pumpkin and tomatoes) for adding to soup, rice, pasta and sauces
- Canned and dried fruits like apple sauce, dates, oranges, peaches, pineapple and raisins (look for items with no added sugars)
- Whole-grain pasta, brown rice and other easy whole grains like couscous and quinoa
- Whole grain bread or tortillas (if you don't use it daily, store in the freezer)
- Old-fashioned rolled oats, instant oatmeal and whole-grain cereal for a quick breakfast
- Whole-wheat flour, oat flour and cornmeal for baking
- Nuts, seeds and nut butters for healthy snacking
- Healthy cooking oils like canola, corn or olive (buy in limited amounts because they can go rancid over time), nonstick vegetable oil cooking spray
- Balsamic vinegar and low-sodium soy sauce for salad dressings and sauces
- Spaghetti or marinara sauce in jars
- Low-sodium chicken or vegetable broth for making soup
- Dried herbs and spices, salt-free seasoning blend, pepper



Fridge and Freezer

- Frozen vegetables without salty sauces (like broccoli, cauliflower, mixed vegetables, spinach and squash) make easy sides and add-ins
- Frozen fruits without added sugars (like berries, mixed fruit, peaches) for cereal, yogurt and smoothies
- Low-fat/non-fat dairy products like milk, yogurt and cheese
- Frozen meats like fish fillets, skinless chicken breasts or lean ground beef
- Soft margarine with no trans fat (made with non-hydrogenated vegetable oils, usually in a tub)

Make it a habit to compare nutrition labels. Choose products with the lowest amounts of sodium, added sugars, saturated fat and trans fat that you can find in your store. And Look for the Heart-Check mark to easily identify foods that can be part of your healthy eating plan. Find recipes at <https://recipes.heart.org/>

Source: Heart.org

News to Know...

NEW Lumina Imaging & Diagnostics for Affordable CT/MRI Imaging

Lumina Imaging and Diagnostics is giving greater control to patients by offering hospital-quality CT and MRI imaging services, using state-of-the-art equipment at a cost that is 50-70% less compared to major health care systems. At Lumina, you'll never pay more than our listed price, and with insurance, you could pay less. Check with your employer today if Lumina has been added to your benefits.

Our **Mentor office is open** and additional locations in Solon, Avon and Medina will be opening throughout 2020. We are available when it's convenient for you. Schedule your appointment anytime Monday through Friday 7am – 7pm and Saturdays 8am – 4pm. Within 24-hours of having your scan, you and your doctor will have access to your images and report.

Visit LuminaImaging.com to learn more.



Coming Soon in 2020

New Ohio City Location



MetroHealth will open a new health center in Ohio City. The new building actually sits on the Urban Community School Campus located at 4575 Lorain Avenue, just down the street from the Thomas F. McCafferty Health Center. With the opening of the new facility planned for this summer, the bulk of our services at McCafferty will move into the new space. We will be introducing new services, too. Services will include primary care, pediatrics, OBGYN, MetroExpressCare, radiology, behavioral health, weight management, cardiology, pharmacy, social work, legal aid, WIC, financial counseling and Food as Medicine.

2 New Pharmacy Locations

MetroHealth is planning to open 2 new pharmacy locations later this year at our Beachwood health center and the new Ohio City health center. More details will be provided when ready.

Did You Know?

Schedule a Telehealth Visit with Your Provider

MetroHealth offers telehealth services via MyChart for you to conveniently meet with your MetroHealth provider from your phone, computer, or tablet. MyChart telehealth appointments provide easy access to get you the care you need, when you need it, without leaving your home. If you do not have a MyChart account, you can sign-up online at metrohealth.org/mychart or call your MetroHealth provider to set up a telehealth appointment. For more information, visit metrohealth.org/appointments.

For New Patients

If you need immediate care for non-COVID-19/respiratory issues, we stand ready to serve you. **Please call 216-778-5500, option 3**, to be connected to a healthcare provider who can triage your care needs.

