



Wellness Wednesday

Focus on Your Health, Wellness and Safety

27 March 2020

BLUF: In the hopes of helping families deal with the additional and ever changing stressors of COVID-19 the ASAP Prevention team is providing you with resources and talking points for prevention!

With the new day comes new strength and new thoughts.

Eleanor Roosevelt

Social Distancing - staying healthy, physically & mentally

By now, we all know that voluntary social distancing is key to mitigating the spread of COVID-19. In the grand scheme of things, lying low for a little while is a small sacrifice to make for the increased safety of all, though it certainly will pose challenges. This raises the question: how can we best manage the unusual social circumstances we're in?

Social distancing, isolation and loneliness have an overwhelming effect on drug addiction and alcoholism. Studies have shown that those of us who feel more socially isolated generally deal with increased mental health and substance abuse issues. Recently, it was reported that alcohol sales are booming during the COVID-19 pandemic.

Lack of social connection can affect a person's self-worth, if you are one of a small percentage of people who enjoy isolation, being alone may not be a problem. However, most people need at least some social interaction to survive in the world.

Jokes are being made about working remotely being code for "day drinking" and binge-watching television. Others joke that the request for "social distancing" is an opportunity for people to understand how introverts live. Others note that social distancing is an opportunity to rest from the hurly burly of social life and perhaps hit the reset button.

Whatever your thoughts on "Social Distancing," alcohol intake is definitely not a solution to the changes that we as Americans are making during this pandemic. Here are some fun and productive ideas below that you can access on-line for free to occupy your time during this "stay at home period."

There are many virtual activities that one can enjoy:

13 Creative Virtual Team Building Activities

<https://museumhack.com/virtual-team-building-for-remote-teams/>

Sewing Classes for beginners

<https://sewmanypins.com/freeonline sewingclassesbeginners/>

5 Online and Virtual Fitness Classes to Try Right Now

- <https://gearjunkie.com/virtual-fitness-classes-at-home>
- <https://www.sbnation.com/2020/3/19/21185741/free-online-workout-classes-to-stream-youtube-app-yoga-total-body-exercise-hiit>

Cooking Classes

- <https://www.instructables.com/class/Cooking-Class/>
- <https://www.skillshare.com/browse/cooking>
- <https://theculinarycook.com/learning-to-cook-online/>

Emotional Well-being During the COVID-19 Outbreak

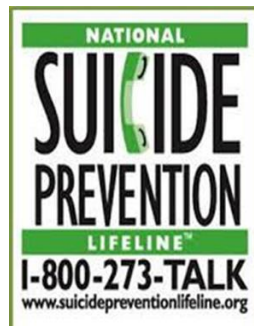
From: suicidepreventionlifeline.org

Infectious disease outbreaks such as COVID-19, as well as other public health events, can cause emotional distress and anxiety. Feeling anxious, confused, overwhelmed or powerless is common during an infectious disease outbreak, especially in the face of a virus with which the general public may be unfamiliar. These feelings of distress and anxiety can occur even if you are not at high risk of getting sick.

Coping Tips

People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others.

- Set a limit on media consumption, including social media, local or national news.
- Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.
- Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak. Use video based chats to see others, this can really work to resolve stress!
- Get accurate health information from reputable sources. For health information about COVID-19, please contact the Centers for Disease Control at cdc.gov, your local healthcare provider, or your local 211 and 311 services, if available.
- If you're experiencing emotional distress related to COVID-19, please call the National Suicide Prevention Lifeline or your local crisis line.
- For coping tools and resources, visit the Lifeline website at suicidepreventionlifeline.org or Vibrant Emotional Health's Safe Space at vibrant.org/safespace



ASAP has many staff teleworking so please reach out to us at **315-222-3457** OR **315-775-7103** or by email lorilyn.starr.civ@mail.mil or amanda.e.mason2.civ@mail.mil

Domestic Violence Victim Advocate
315-955-4321

Garrison SHARP Hotline- **315-955-5493**
Division 24/7 SHARP Hotline – **315-767-6128**



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Kiddos are home... now what????

School is cancelled and the kids are home **ALL day**. How can you get EVERYTHING done? There is laundry, cleaning, cooking, working and now all the home schooling? Well, incorporate the kids into these daily activities as much as their age and maturity level will allow.

Try sending kids who are learning math basics on a mission around the house to count all the windows, for example—and then asking them the average number of windows in each room or apartment. Challenging children to pitch a tent can teach kids innovation and resourcefulness. In a pinch, have kids write spelling words or do math problems on the windows using dry-erase markers and clean-up equates to window cleaning! "It's almost like writing on a wall, but you're allowed to do it!"

For the daily activities like cooking you can turn those into lessons without it feeling like school. You can create a science lesson (*let's talk about how yeast works*), a math lesson (*what's a half cup plus a quarter cup?*), or a reading lesson (*does this label say "baking soda" or "baking powder"?*)—and it provides opportunities for kids to learn about nutrition as well as foods and flavors from around the world.

These are great ideas for the older more independent kids, but what about those that require a bit more supervision? Try setting kids up with Playdough or even better make some homemade Playdough (**the recipe is at the bottom**), art supplies, audiobooks, or even homemade recordings of their parents reading their favorite books, use that phone and record yourself or another family member reading them a book. Another way to incorporate reading and some relaxing all in one activity, choose a movie and have the kids read the book first then watch the movie and have a discussion, "What changed?", "Which one do you think is better?", "What things do you wish they would have kept the same?"

Check out the many online resources as well. Transport you and your family to Paris, France by taking a digital tour of one of the most famous international museums, the [Louvre](#). The Cincinnati Zoo will be live-streaming animals on their [Facebook](#) page daily at 3PM. Virtually visit the [Boston Children's Museum](#) without even leaving your living room. You can even visit the Mud Volcano, Mammoth Hot Springs, and so much more with a digital field trip to [Yellowstone](#). These are just a few of the available resources, there are many more.

Don't try to replicate their typical school environment. Have fun and make the most of this unique time with your family.

How to make playdough

Playdough ingredients:

2 cups all-purpose flour

3/4 cup salt

4 teaspoons cream of tartar

2 cups lukewarm water

2 tablespoons vegetable oil (coconut oil works too)

Food coloring, optional

Quart sized bags

Stir together the flour, salt and cream of tartar in a large pot. Next add the water and oil. If you're only making one color, add in the color now as well. Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then place inside a gallon sized bag or onto wax paper. Allow to cool slightly and then knead until smooth. If you're adding colors after, divide the dough into balls (for how many colors you want) and then add the dough into the quart sized bags. Start with about 5 drops of color and add more to brighten it. Knead the dough, while inside the bag so it doesn't stain your hands. Once it's all mixed together you're ready to PLAY.



Information from our Friends at Behavioral Health - 315-772-0215

Behavioral Health continues to provide care for Soldiers & Family members. Although the majority of appointments for existing patients will be conducted via telephone, in-person walk-in appointments for urgent behavioral health concerns are available at each of our behavioral health clinics. Remember to go through the COVID-19 screening at Guthrie, BTMC, or CTMC before proceeding to your behavioral health appointment. Please contact us at **315-772-0215** for more specific questions related to our services.

Child, Adolescent and Family Behavioral Health Services (CAFBHS)

The COVID-19 response has required that our families adjust to a new normal. Adjusting to new routines can be challenging, but things like open communication and structure can assist parents and children in successfully adapting to change. These two attachments offer excellent suggestions on ways that can assist us all in successfully adapting to a new normal.

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf



Community Update: COVID-19

Please go to the 10th Mountain Facebook page for updates.

https://www.facebook.com/drum.10thmountain/?epa=SEARCH_BOX

