



Health and Wellness

Creating and maintaining your health and well-being is always important, but even more so during these weeks of social distancing, extended screen time and less active lifestyles. Consider the following tips to help you be physically, emotionally and socially healthy.

- Acknowledge that the uncertainty of how our lives are unfolding can create anxiety and tension. Accept that you are dealing with loss for the way things “used to be” and/or expectations about the upcoming season that we were looking forward to. These articles, [Greater Good’s Guide to WellBeing During Coronavirus](#), and [How to Protect Your Family's Mental Health During the COVID-19 Pandemic](#) discuss ways to care for your mental health.
- Create connections and communicate with one another. Social distancing prevents close contact, but do reach out to others, for a laugh, to share experiences or for help.
- Establish a routine, a flexible one, that promotes healthy sleeping habits, regular eating times and exercise (outdoors if you can).
- Limit the amount of news you watch. Constantly reading negative, sensationalist news stories can have long-term consequences for our well-being. Here are places to go for reliable information about Covid 19 [Centers for Disease Control and Prevention \(CDC\)](#), [New Jersey COVID-19 Information Hub](#), [2019 Novel Coronavirus Outbreak \(COVID-19\)](#)
- IMPORTANT: Wash your hands or use hand sanitizer, and avoid touching your face!
- Check out some additional resources about [key symptoms](#) and [risk levels](#)

We have compiled some resources on physical, mental and emotional health. Check out these links!

Margaret Nevistich Youtube Yoga Class (also linked on Delbarton Schoology Yoga Club.)
<https://www.youtube.com/channel/UChdghK5Uqp6mG99NILgjhJg>

[Staying Physically Active during the COVID-19 Pandemic](#)

Published by the American College of Sports Medicine the site has multiple links to work-out videos, tips for starting a walking program, building resilience and many others.

[83 Things to Do While Social Distancing](#)

Not sure how to spend your time at home? Consider one of these ideas!

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

The American Foundation for the Prevention of Suicide offers tips for managing anxiety during the pandemic

For Questions or concerns, please contact School Nurse [Deirdre McAuliffe, RN.](#)