General Health and Self Care Tips, Fall 2020 by Indra Thadani RN, MS, Laney Nurse/Coordinator

Always wear a mask when in close proximity to others, especially those over 55 years since their immune system may not be as strong as younger people. (Some younger people with no symptoms or very few symptoms of Covid, have passed the virus to elderly family members and they have become very sick or died.) Wash hands when you get home or sanitize after you have gone grocery shopping, obtained gas or any other public activity.

1. Drink 8 glasses of water a day or herbal teas.
2. Eating some protein (eggs, chicken, fish, meats, nuts, beans.)at each meal. This assists with learning by making us more alert, attentive, thinking more quickly, and having motivation.
3. Reduce sugar consumption in the form of refined sugars (candy, soda, cookies, anything with high fructose corn syrup) and refined grains (white rice, white bread, pasta).

4) Eat more fruits and vegetables. 5-9 fistful size servings. As an example 1 small apple equals a serving.

5) Don’t skip breakfast. It’s the most important meal of the day.

6) Stop eating 3 hours before bedtime. This can affect the quality of sleep. Take 5 deep breaths before you go to sleep.

7) Eat the full spectrum of colors of fruits and vegetables (red apple, yellow squash, green kale, oranges, purple eggplant, etc)

8) Walk, run, dance at least 20 minutes in nature at least 3 times a week.

9) Feel your feelings, talk to friends, teachers, counselors about deep pain or anger.

10) Connect daily with your spirit world, either by your church, reading a holy book, prayer or anything that connects you to the great spirit of the universe.