



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

Fit for the Fight: Staying Healthy during COVID-19

Taught by Harris Health System Employee Wellness

Help Your Body

Help your body stay strong, so you can stay healthy!

- Eat healthy
- Be active
- Sleep well
- Manage stress & anxiety



“We are what
we repeatedly
do.”
- Aristotle

Eat Healthy



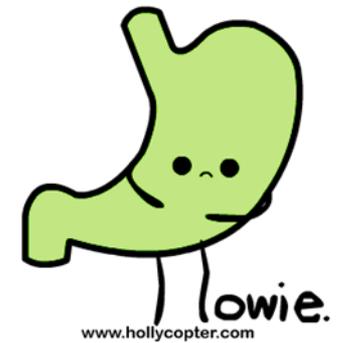
Eat Healthy

Focus on *what* you eat AND *how* you eat.

- Eat every 4-5 hours
- Eat breakfast
- Eat balanced meals
- No caffeine after 2 pm
- Limit alcohol
- No tobacco



The Hunger Scale



The Hunger Scale



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Be Active



Physical Activity Recommendations

- **Fit in 150+**

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, preferably spread throughout the week.

- **Move more, sit less**

Get up and move throughout the day. Any activity is better than none, and even light-intensity activity can offset the serious health risks of being sedentary.

- **Add intensity**

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. If you can talk, but not sing, you're at about a moderate intensity.

- **Add muscle**

Include moderate-to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice per week.

Source: American Heart Association

Add Movement During Your Working Hours

1. Stick to a daily routine and have a set time for exercise. Put it in your calendar or set an alarm.
2. Walk around during calls.
3. Keep exercise equipment in sight (ex. Hand weights by your workstation)
4. Schedule your break time in your calendar and move.
5. Get up from your seat to eat.

“Sleep is the
best
meditation.”
- Dalai Lama

Sleep

Recovery



Benefits of Sleep

Sharper Brain

Improved mood

Healthier heart

Athletic achievement

Blood glucose control

Improved immune function

Weight control



“Sleep is the cheapest form of healthcare”

- Matthew Walker, PhD

Tips for Better Sleep Hygiene

Establish
relaxing routine

Avoid caffeine
or stimulants
before bedtime

Don't go to bed
hungry or full

Exercise

Exposure to
sunlight during
day

Create a
pleasant sleep
environment

Emotional
regulation



Coping with COVID-19

1. Take breaks from the news
2. Practice mindfulness
3. Make time to unwind
4. Connect with others
5. Focus on the facts and what you can control
6. Be kind
7. Set healthy boundaries

Good News

Focus on positivity during high-stress times.

Instagram:

- Power of Positivity (@powerofpositivity)
- Good News Movement (@goodnews_movement)

YouTube:

- John Krasinski - “Some Good News” YouTube series

Books:

- The Happiness Advantage
- Grit: The Power of Passion and Perseverance

Resources

<p>Eat Healthy</p>	<ul style="list-style-type: none"> • <u>Livongo Diabetes Prevention Program</u> • <u>USDA MyPlate</u> • <u>American Heart Association</u> • <u>American Diabetes Association</u>
<p>Be Active</p>	<ul style="list-style-type: none"> • <u>YMCA</u> (Free online & live classes) • YouTube • Fitbit Premium (Free 90-day trial)
<p>Sleep Well</p>	<ul style="list-style-type: none"> • Sleep meditation (Free on YouTube) • Sleep apps: White Noise, Awoken, Sleep Cycle Alarm Clock
<p>Manage Stress & Anxiety</p>	<ul style="list-style-type: none"> • Employee Assistance Program <u>www.feieap.com</u> <ul style="list-style-type: none"> • Username: hhs • Cigna Behavioral Health & Coaching <ul style="list-style-type: none"> • Visit myCigna.com or call number on back of ID card • Contact Latecia Murphy <u>Latecia.Murphy@cigna.com</u>
<p>Other</p>	<ul style="list-style-type: none"> • Visit myCigna.com for COVID-19 symptom tracking, provider information & telehealth

Summary

Keep your face always
toward the sunshine – and
shadows will fall behind you.

Walt Whitman

quote fancy

Contact Us!

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[Visit our internet site!](#)