

REACH's "Good Health" News: Focus on Positive Feelings





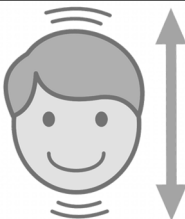

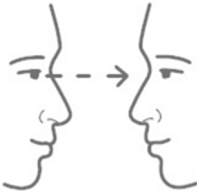

Welcome Everyone! Let's start off with a wonderful quote from Eeyore, of "Winnie the Pooh": "It never hurts to keep looking up for sunshine". When we are in a storm, (or something like the COVID-19 crisis) and there isn't a light at the end of the day....and we are just about to give up, DON'T. When that sunshine comes poking through, the best is just about to happen, but that takes patience. Keep looking for the sunshine when you're in a storm, because storms don't last forever!

Here's 10 ways to feel happier in the next 5 minutes (by Kimberly Mikesh)

1. Say "thank you", even this small act of gratitude will boost your positivity.
2. Straighten up, our posture directs how we feel, so straighten up and walk like a boss!
3. Text a friend. Reaching out to a pal and letting them know how awesome they are will make you feel awesome too!
4. Help someone, one of the quickest ways to pick yourself up if you're feeling down is to do something kind for someone else. Bonus "feel good" points, when it's random and not expected of you.
5. Smile, in one research study, people who smiled after a stressful activity decreased their heart rate, more quickly than those who didn't, it even works if you fake a smile.
6. Treat yourself. Sometimes a tiny little luxury, like a piece of chocolate, is all you need to break out of a rut.
7. Seeing something colorful help to make you feel better. Treat yourself to a flower, in your favorite color. It will brighten the room and your outlook.
8. Be a good listener. Seeking out meaningful conversation is proven to improve your sense of well-being. Ask the person questions, learn more about them and answer questions about yourself.
9. Do something. Whether it's sending an email, going for a walk in nature or making your bed, just take one small thing off your "to-do list" and onto to "it's done" will give you a sigh of relief, a sense of accomplishment....I did it!
10. Give yourself a boost....of healthy nutrients, food----like fruit, veggies and protein. When your body feels good, your brain will follow.

Greetings, showing that you care, during the COVID-19:

Because of Social/Physical Distancing, we all need to replace hugs and handshakes or fist pumps! Here are a few replacements:

			
The Wave	Your Hand on your Heart	How are you, in sign language (simply touch your chest with your fingertips and make the thumbs up sign).	Make the sign for Namaste
			
Make the "All Good" big nod	Make the PEACE sign with your fingers	Do the "East Coast Wave", it's a meeting of the eyes of the other person, raising of the eyebrows and an upward movement of your head (made famous by Jecinda Ardern, Prime Minister of New Zealand)	Smile