

## Wellness Emails Week of April 6<sup>th</sup>

### **Monday April 6<sup>th</sup>**: Wellness Topic: Benefits to Creating a Schedule or Routine

Does it ever feel like the days seem to blend together? Is it hard to distinguish the week from the weekends? If so, you are not alone. As many of us are staying home to abide by the physical distancing recommendations, habits such as sleeping in late, binge watching tv, staying up too late, etc. can cause us to feel unsettled and out of sync. It is important, to develop structure within our days, to help provide a sense of normalcy and to help maintain our healthy habits. The following tips can help you create a new routine and help you optimize your time, energy and health.

- Sleep. Plan to go to bed and wake up at the same time each day. This will help ensure you are getting adequate sleep and will help you maintain good quality sleep. Try to get at least 8 hours of sleep a night, and avoid long naps during the day, as these can throw off your sleep cycle.
- Academics. As we have moved to remote learning, some of your classes may still hold live lectures online, while others may have you doing work on your own time. Create a daily “school” schedule and make a list of what you need to accomplish each day. Do this a week in advance so that you can plan ahead.
- Exercise. Being physically active every single day is essential for mental and physical health, even if it’s to go for a walk or do a workout video in your home. Check out our weekly virtual exercise classes offered through Recreational Sports!
- Social. Technology has made it easy for us to stay connected to family and friends. Programs such as Skype, Zoom, Facetime, Netflix Party, and online games such as Jack Box TV, make it easy to see and engage with our loved ones.

Whatever routine you develop, be flexible and know that this too shall pass.

Be safe. Be well.

Sincerely,

Health Services, Counseling Services, Health and Wellness

### **Wednesday April 8<sup>th</sup>**: Wellness Topic: Sleep Deprivation

Sleep is essential to health. It helps the body and mind recharge. When we are sleep deprived it affects our moods, memory, nutrition, energy and physical health. During times of stress and uncertainty it can be common for sleep to be affected. Some may find it difficult to fall asleep, some might wake up multiple times during the night. Long term sleep deprivation can have a big impact on health. Addressing sleep concerns early on has many benefits. To learn more about Sleep Deprivation watch this free video from My Future Health [https://www.myfuturehealth.com/free\\_access](https://www.myfuturehealth.com/free_access) or visit Stonehill’s Health and Wellness Podcast on Sleep with Professor John McCoy <https://fireside.fm/s/c-pTuHNN+ABCbO4bD>.

#### **Tips for a Good Night Sleep!**

- Avoid electronics an hour before bed.
- Avoid caffeine at least 4-6 hours before bed.
- Dim the lights to help your body adjust to getting ready for bed.

- Read, journal, take a warm bath/shower, enjoy a cup of decaf tea or warm milk, or perform another relaxing routine prior to sleep.
- Keep your room dark and cool for optimal sleep.
- Use a fan or sound machine to limit noise/disruptions.
- Pick a bedtime (optimally prior to midnight) and a wake up time (optimally prior 8/9am)

**Friday April 10<sup>th</sup>: Good News Friday!**

In honor of today's Good News Friday, we wanted to highlight an actor, John Krasinski from the Office and Jack Ryan, who has created a ["Some Good News" channel](#). He records fun and upbeat video messages highlighting good things that have been happening in the world. This week we also learned about the thoughtful gift that [High School Seniors from Cranston East](#), donated the funds originally planned for their prom, to buy food for staff at a local nursing and rehabilitation center. I am reminded of the late Mr. Rogers, who said that during difficult times his mother would always say "look for the helpers, you will always find people who are helping". These young people are a great example of that.

We also wanted to acknowledge that today is Good Friday, a day that Christians around the world celebrate as a day of fasting and penance. From our families to yours we wanted to wish you all a safe and peaceful weekend.

Sincerely,

*Health Services, Counseling Services, Health and Wellness Center*