

HOW TO OPTIMIZE YOUR HEALTH DURING THE COVID-19 PANDEMIC

Mindset, Nutrition, Activity, and Sleep Resources



**Encina Practice
Four Pillars of Wellness**

APRIL 2020

Dear Encina Practice Member,

We hope this letter finds you and your loved ones safe and healthy during this unpredictable and challenging time. Many things are out of our control with COVID-19 imbedded into our lives.

Although a vaccine or proven treatment is not available yet, there are ways you can take control and reduce your risks for the disease. First, we thank you for practicing physical distancing, using protective measures and adhering to hygiene health. Your actions save lives.

Furthermore, many of you have adopted the four pillars of wellness during this time. The four pillars are Mindset, Nutrition, Activity, and Sleep.

We encourage you and everyone else to maintain your four pillars of wellness to solidify your foundation for good health. By practicing healthy behaviors in each pillar every day, you can reduce your susceptibility, optimize your immunity and prime your body and mind to fight diseases.

In the following pages, you will find a Daily Checklist and Resources for Mindset, Nutrition, Activity and Sleep. Please embrace these healthy habits to help center your life as you adapt to a new normal.

Please do not hesitate to contact Encina Practice anytime. We are here for you.

Healthy Regards,

Aihua Hu, NP-C, CSOWM

Encina Practice Wellness Nurse Practitioner

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MINDSET

Daily Checklist

- Accept all your different emotions throughout the day:
 - Sit with the emotion.
 - Name the emotion.
 - Let your emotion pass.
 - Move – breathe, stretch, shake, dance, cry, laugh, walk, and talk.
- Enjoy at least 20 minutes of sunlight (with sunscreen!) and fresh air in your:
 - Patio
 - Porch
 - Front yard
 - Backyard
- Do Boxed Belly Breathing at least 1 time per day:
 - Close your eyes.
 - Put hands on belly.
 - Inhale 4 counts.
 - Exhale 4 counts.
 - Repeat 4 times.
- Limit news (and newsfeed) to 1 hour per day.
- Talk to at least 1 relative or friend by phone and video chat.
- Ensure you have alone time, at least 1 hour divided throughout the day.
- Enjoy 1 fun and easy activity.
- Contribute your time and talent to others.
- Plan out your schedule for the next day or two, predictability is important.

MINDSET Resources

Articles

- That Discomfort You're Feeling Is Grief: <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>
- Building your resilience: <https://www.apa.org/topics/resilience>
- Coping with Coronavirus (COVID-19): Your Anxiety & Mental Health: <https://psychcentral.com/coronavirus/>
- California Surgeon General's Playbook: Stress Relief during COVID-19: https://covid19.ca.gov/img/wp/california-surgeon-general_stress-busting-playbook_draft-v2clean_ada-04072020.pdf

Mindfulness Exercises

- Guided Meditations and Exercises: <https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>
- Headspace: <https://www.headspace.com>
- Sanvello: <https://www.sanvello.com/>

Podcasts

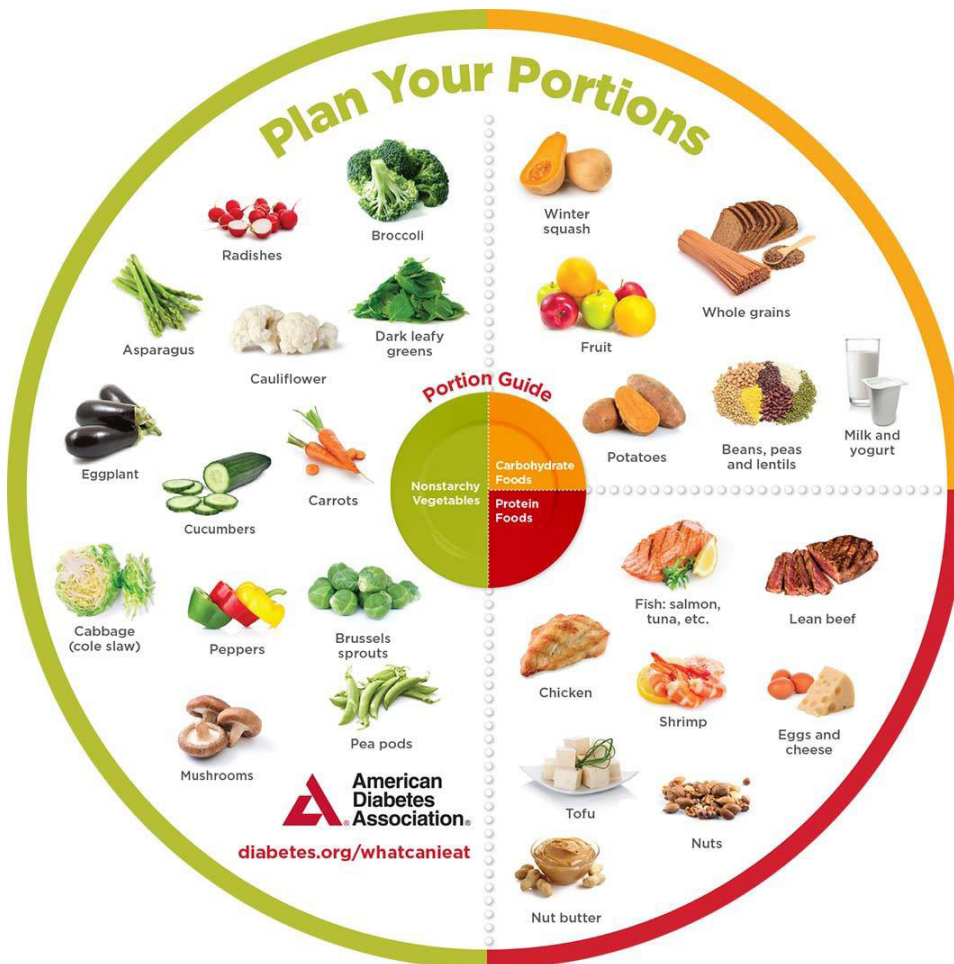
- Ten Percent Happier Podcast: <https://www.tenpercent.com/podcast>
- Making Sense: <https://samharris.org/podcast/>

Online Community Support

- 7 Cups: <https://www.7cups.com/>
- NAMI: <https://www.nami.org/Home>
- Nextdoor: <https://blog.nextdoor.com/>

NUTRITION Daily Checklist

- Start your day by drinking a large cup of water. Water hydrates your body, including your respiratory system.
- Eat breakfast, lunch and dinner at scheduled times to avoid grazing. Don't eat after dinner.
- Eat 25 grams of fiber from food and if needed, fiber supplements (e.g. psyllium husk).
- Your plate should have 50% vegetables, 25% lean protein, and 25% carbohydrate foods.



- If needed in the afternoon, eat 1 serving of snack.
- When you drink alcohol today, skip alcohol for the next 2 to 3 days.
- If you eat added sugar today, skip sugar for the next 6 to 7 days.
- Manage emotional eating with HALT and DEADS
 - Identify the trigger with HALT – habit, anger, loneliness or tiredness.
 - Tackle the problem with DEADS – distract, escape, avoid, delay and substitute.
- Plan for a virtual dinner get-together at least 1 time per week.

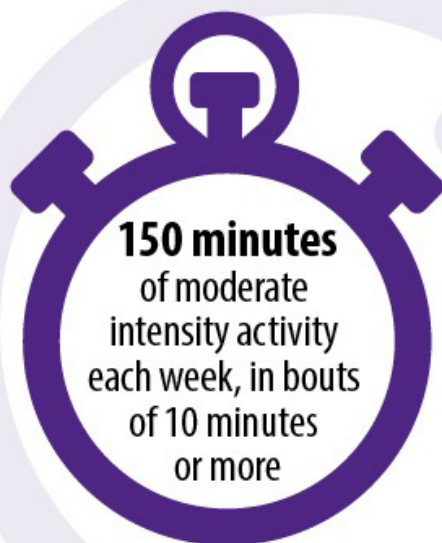
NUTRITION Resources

- Low Sugar Foods That Will Provide Your Daily Fiber Intake
 - <https://www.verywellfit.com/high-fiber-low-carb-food-list-2242216>
- How to Freeze Fresh Fruits and Vegetables
 - <http://www.eatingwell.com/article/15848/how-to-freeze-16-fruits-and-vegetables/>
- Safe Grocery Shopping
 - <https://www.consumerreports.org/food-shopping/how-to-protect-yourself-from-coronavirus-when-grocery-shopping/>
- Meal Kits and Meals Delivery
 - Sunbasket: <https://sunbasket.com/>
 - Green Chef: <https://greenchef.com/>
 - Freshly: <https://www.freshly.com/>
 - Territory Foods: <https://www.territoryfoods.com/>
- Recipe Websites
 - Eating Well: <https://www.eatingwell.com/>
 - Healthy Ingredient Alternatives: <https://www.bobsredmill.com/blog/special-diets/healthy-ingredient-alternatives-infographic/>

ACTIVITY**Daily Checklist**

- Keep moving!
 - Walk up, down, around, and across – in the house, yard, neighborhood, and/or park.
 - Get up from sitting – walk in place or stretch your arms. Don't sit for more than 30 minutes.
- Track your steps. Maintain or beat your personal best, even by 10 steps!
- Don't sit for 10 minutes after each meal. Stand, clean up and walk around the house.
- Do 20 to 40 minutes of exercise that makes you "huff and puff."
 - Split this into 10-minute sessions throughout the day.
 - See Activity Resources on page 6.

How much physical activity should you do?



Recommendations can also be achieved by **20-60 minutes** of vigorous activity **3 days a week**

At least 2 days per week
do muscle strengthening exercises
that target all muscle groups, such as:



exercising
with weights



yoga



body weight
exercises, like sit-ups



Efforts should be made to reduce time spent in sedentary behavior each day

ACTIVITY
Resources

- Heart and Soul Fitness (HASFit) – Free!
 - <https://hasfit.com/workouts/home/easy-beginner/>
 - <https://hasfit.com/workouts/home/advanced-high-intensity/>

- Fitness Blender – Free!
 - <https://www.fitnessblender.com/videos/15-minute-bodyweight-cardio-workout-for-fat-burn-and-energy-boost-feel-good-total-body-cardio>
 - <https://www.fitnessblender.com/videos/low-impact-workout-for-beginners-40-minute-total-body-beginner-workout>

- YMCA
 - <https://ymca360.org/on-demand#/>

- Get Kids Moving Super Hero Workouts by Glenn Higgins
 - <https://www.youtube.com/user/Glennhigginsfitness>

- Silver Sneakers
 - <https://www.silversneakers.com/blog/fyp-10-minute-cardio-follow-along-workout/>
 - <https://www.silversneakers.com/learn/ondemand/>

- EXOS at Home
 - <https://www.exosathome.com/>

SLEEP
Daily Checklist

- Wake up at the same time every morning.
- Enjoy natural sunlight in the morning for more than 30 minutes.
- Exercise 20-40 minutes at least 3 hours before bedtime.
- Don't take a nap.
 - If you must, nap for less than 30 minutes before 3 P.M.
- Avoid alcohol, caffeine and nicotine 4 to 6 hours before bedtime.
- Avoid meals and beverages late at night.
- Dim the house and room lights at least 3 to 4 hours before bedtime.
- Prepare your bedroom.
 - Keep temperature at 65-68 degrees Fahrenheit.
 - Use light blocking curtains.
 - Remove digital devices.
 - Turn the clock's face out of view.
- Wind down 1 hour before bedtime with predictable routine.
 - Turn off screens – TV, tablets, computers, phones.
 - Take a warm bath, as it will raise your body temperature, then causing you to feel sleepy as your temperature drops again.
 - Read a book, listen to music or do other relaxing activities.
- Get out of bed if you don't fall asleep within 20 minutes or if you start feeling anxious or worried. Do some relaxing activity until you feel sleepy. The anxiety of not sleeping can make it harder to fall asleep.
- If you continue to have trouble sleeping, keep a sleep diary for 2 weeks.
 - See Sleep Resources on page 8.

SLEEP **Resources**

- Why Sleep Matters More Than Ever, TED Talk by Mathew Walker
 - https://www.ted.com/talks/matt_walker_why_sleep_matters_now_more_than_ever
- Understanding Your Sleep Cycle
 - <https://www.sleepadvisor.org/stages/>
- Importance of Healthy Sleep and How to Get More of It [Infographic]
 - <https://www.sleepadvisor.org/importance-of-healthy-sleep/>
- Your Checklist for a Better Night's Sleep
 - <https://www.sutterhealth.org/health/sleep/your-checklist-for-a-better-nights-sleep>
- Two Week Sleep Diary
 - <http://yoursleep.aasmnet.org/pdf/sleepdiary.pdf>
- Sleep Sounds
 - Calm Sleep Meditation App: <https://www.calm.com/>
 - Insight Timer App: <https://insighttimer.com/>
 - Relax Melodies: <https://www.relaxmelodies.com/>



Encina Practice

We are a concierge practice within the Palo Alto Medical Foundation (PAMF), offering personalized and comprehensive primary care to patients 18 years of age or older.

Four Pillars of Wellness Program

The Four Pillars of Wellness Program consist of Mindset, Nutrition, Activity, and Sleep. Through personalized care, evidence-based medicine, and trusting relationships, we guide patients to develop and preserve their own Four Pillars of Wellness as they navigate the ups and downs of life.

Current Encina Practice patients are welcome to utilize the Encina Four Pillars of Wellness services, which are provided by Nurse Practitioner Aihua Hu. NP Aihua closely collaborates with your Encina Physician so you can continue to receive the high level of care that is offered here at the Practice. Please call Encina Practice at 650-614-3299 to schedule a video consultation or when available, an office visit.



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