

#### SLEEP TIPS



##### SLEEP IS IMPORTANT!

Make sure to maintain your regular sleeping and waking hours. This is important for our mental health and immune system!

See this link for tips to maintain a healthy sleep rhythm:

[HTTPS://EP.BMJ.COM/CONTENT/102/3/127](https://ep.bmjjournals.org/content/102/3/127)

#### BREATH WORKS

**REMEMBER TO BREATHE!!** There are simple breathing techniques which help shift our brain from fight/flight to relaxed (or at least a little more relaxed).



An excellent (and research supported) breath technique is the 4-7-8 breath (linked below). If you find 4-7-8 is not attainable in your body—start with making your exhales slightly longer than your inhale.

Example: Inhale for a count of 2; exhale for a count of 3, and repeat.

[www.youtube.com/watch?v=YRPh\\_GaiL8s](https://www.youtube.com/watch?v=YRPh_GaiL8s)

#### EXERCISE



##### EXERCISE IS PROVEN TO IMPROVE MENTAL HEALTH.

Some studies have even shown it is as effective as some SSRIs for treating depression in some individuals. See evidence here:

[www.ncbi.nlm.nih.gov/pmc/articles/PMC3674785/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3674785/)  
[www.ncbi.nlm.nih.gov/pmc/articles/PMC5430071/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5430071/)

There have been plenty of local gyms that are live streaming or providing 'on demand' exercises:

- Alchemy <https://alchemy365.com/>

##### Free YouTube resources:

- Yoga with Adrienne [https://www.youtube.com/results?search\\_query=yoga+with+adrienne](https://www.youtube.com/results?search_query=yoga+with+adrienne)
- Jessamyn Stanley Yoga for self-love: [https://www.youtube.com/watch?v=VdIX8auOH\\_M](https://www.youtube.com/watch?v=VdIX8auOH_M)
- Jessamyn Stanley Yoga for beginners: <https://www.youtube.com/watch?v=DkgJ82UVQ7c>

HIIT training [https://www.youtube.com/results?search\\_query=HIIT](https://www.youtube.com/results?search_query=HIIT)

##### Gentle exercises/stretches to do at your desk/while seated:

<https://www.youtube.com/watch?v=vE1idGTZOIY>  
[https://www.youtube.com/watch?v=faf\\_CS4Z0yc](https://www.youtube.com/watch?v=faf_CS4Z0yc)  
<https://www.youtube.com/watch?v=LNsSXd0JxL0>

#### HYDRATION & NUTRITION

**REMEMBER TO DRINK PLENTY OF WATER AND EAT FRUITS AND VEGGIES.** And canned or frozen still count—they don't need to be fresh to have plenty of health benefits!

See these links for helpful information:

[www.choosemyplate.gov/](https://www.choosemyplate.gov/)  
[www.eatright.org/](https://www.eatright.org/)  
[www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/](https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/)



#### MEDITATION



**RESEARCH HAS SHOWN MEDITATION CAN CHANGE OUR BRAIN FOR THE BETTER.**

It has been found to be particularly helpful during times of stress, anxiety, depression, etc.

See the link below for evidence on the benefits of meditation.

<https://news.harvard.edu/gazette/story/2018/04/harvard-researchers-study-how-mindfulness-may-change-the-brain-in-depressed-patients/>

##### Not sure where to start? Or even what is meditation?

The first link is an excellent article explaining meditation and has a lot of different meditation resources. The second link is to Headspace which is a meditation app. They are providing free subscriptions to health care workers and have moved a lot of their content to 'free of charge' during this trying time.

[www.nytimes.com/guides/well/how-to-meditate](https://www.nytimes.com/guides/well/how-to-meditate)  
[www.headspace.com](https://www.headspace.com)

#### GRATITUDE



A gratitude practice is an excellent way to shift our thoughts from catastrophic thinking patterns or anxious thinking patterns to patterns of joy, calm, and peace.

**Every day when you wake, think of 5 things you are grateful for.** Do this same exercise as you go to bed for the end of the day.

The following is a link to help start a gratitude practice—or switch yours up if you already have one!

[www.happify.com/hd/the-science-behind-gratitude/](https://www.happify.com/hd/the-science-behind-gratitude/)

#### OTHER RESOURCES

##### Podcast on Health and Wellbeing

<https://blubrry.com/umncshtake5/38971725/necessity-of-equity/>

##### Free education modules on Integrative Therapies and Approaches

[www.csh.umn.edu/education/online-learning-modules-resources](https://www.csh.umn.edu/education/online-learning-modules-resources)

##### Center for Mind-Body Medicine

<https://cmbm.org/>

##### National Alliance on Mental Illness - Maryland

<http://naimd.org/>