

# Weekly Wellness Communication

04/15/2020



## Keeping your Mind and Body Healthy

The uncertainties of these unprecedented times may cause feelings of stress, uneasiness, and anxiety. Rather than dwelling on subjects you cannot control, try to remember the things in your life that you can manage! Here are some helpful tips on how to keep your mind and body healthy during the COVID-19 pandemic:

**Nourishment.** Social distancing may mean less trips to the grocery store and less fresh produce in the house. Try to purchase items that stay fresher for longer, such as grapes, apples, carrots, and potatoes. Frozen vegetables and canned produce will also allow you to have produce on hand.

**Get Outside.** Sunshine provides the body with valuable Vitamin D, and Vitamin D supports immune-boosting cells in the body. Enjoy the sunshine while it's out, just don't forget sunscreen!

**Remain Active.** Go for a walk, jog, or ride a bike. Find an activity that you enjoy most and stick to it, and find a way to incorporate it into your daily routine. If you exercise outside, make sure you maintain a healthy distance from others!

**Think Positive Thoughts.** Try to stay connected to people you enjoy and who emulate positive vibes. Practice positive self-talk to enhance self-esteem. Be grateful for the people, moments, or things that bring you comfort and happiness.

**Sleep.** Proper sleep allows your body to heal from daily stressors you may experience. Aim for eight hours of shuteye per night. If you are having difficulty falling asleep, practice these soothing [breathing techniques](#).

**Support Others.** To support others, it is essential to practice social distancing and proper hand hygiene, and make an effort to stay connected to family, friends, and coworkers. You can also go the extra mile and leave a care package, small gift, or note on the doorstep of a loved one!

### PRO TIP

Drinking enough water each day is essential in regulating body temperature, keeping joints lubricated, preventing infections, and delivering nutrients to organs. Here are six refreshing infused water [recipes](#)!

*Run when you can, walk if you have to, crawl if you must, just never give up.*

Dean Karnazes

## Recipe of the Week Peanut Butter Protein Bars

Try this at home, take a picture, and send to [hr@algomau.ca](mailto:hr@algomau.ca) for a feature!

### Ingredients

- ¾ cup natural peanut butter (or any nut butter)
- ¼ cup honey
- 1 tbsp melted coconut oil
- 1 tsp vanilla extract
- 1/3 cup ground flaxseed
- ½ cup vanilla or plain protein powder
- 2 ounces 85% dark chocolate
- Course sea salt

### Steps

- Mix together peanut butter, honey, coconut oil, and vanilla until smooth.
- Add ground flaxseed and protein powder until thoroughly combined.
- Press into an 8x4 inch pan lined with parchment paper.
- Melt chocolate and pour over the peanut butter layer.
- Place in the fridge to chill for 30 minutes to 1 hour.
- Cut into squares and enjoy!
- Store squares in the fridge for up to two weeks.

[LINK to recipe](#)



# Weekly Calendar

Five activities to try at home for each day of the week!

WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
Take a break and read about Retirement Savings Plans.  Details <a href="#">HERE</a> .	Try Zumba at home!  <a href="#">LINK</a>	Join Virtual Tea Time! Details <a href="#">HERE</a> .  Here's a great <a href="#">recipe!</a>	Try this no-equipment, bodyweight leg workout!  <a href="#">LINK</a>	Find some inspiration by starting a vision board!  <a href="#">LINK</a>

## GLC Group Fitness

During the current closure due to Covid-19, the GLC will be offering online classes using the Zoom app available for download at your mobile App Store. Tighten 'n' Tone classes are held Monday, Wednesday, and Friday at 7 PM for 45 minutes. Stay tuned as more virtual fitness classes are added! Click [HERE](#) for more details about GLC Group Fitness classes and how to join.

For members unavailable to attend the online classes, check out this at-home [WORKOUT PLAN](#) provided by Algoma University's Varsity Trainer, Marnie Holley!

*Quick Links*

[Algoma University COVID-19 Updates](#)

[Government of Canada](#)

[World Health Organization](#)



Meet Our New Furry Co-Workers!

Dexter

Maggie

Leo

Note: Refrain yourself to only 15 minutes of COVID-19 related information per day. Stay informed, but keep your mind healthy!



## Employee Feature

Physical fitness helps me deal with day-to-day life even when I'm not stuck at home, so it's even more important to me now. Because I'm also spending a lot of time working with my kids, who are too young to be left alone for a long time, I'm getting exercise mainly on the treadmill. I do get out for runs on the road here and there. I also have an old weight set in the basement that has come out retirement over the last three weeks. Without exercise, I start to feel sluggish and find myself wandering around, so getting in some exercise each day has helped me focus on the work I have. So far, so good.

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