

Wellness Tip: Stress While Working and Teaching From Home

Guest Services is committed to your health and wellbeing year-round, and now more than ever with the spread of COVID 19. There is no better time to focus on you and your family's health, including mental health. Focusing on your mental health, movement and nutrition can increase your immune system and its response to illness.

There are several resources available to CareFirst members through the Blue Rewards program, including Inspirations. Available through Sharecare, Inspirations has a variety of medications, yoga, sleep sounds, and relaxing videos that can be streamed on your phone. You can also participate in a 2-minute breathing exercise video, or wake up with a relaxing yoga session or meditation to start your day on the right foot.



In addition to these CareFirst member resources, it's important to stay positive and de-stress. See below for some tips, tricks, and additional resources.

- It can be easy to focus on negatives when things are out of control or not going well, but even 5 minutes of gratitude practice into you day can change your mindset! Regular expression of gratitude can lower stress and improve your immune system!
- Expressing gratitude can be helpful in overcoming stress and seeing the best in every day. Check out some tips [here](#)!
- **Activity:** Have you and your family write down 3 things they are thankful for and share it amongst each other during breakfast before the day starts! Or simply create a gratitude journal and jot down a few things that you are truly thankful for that day – stick with it for two weeks, just maybe it will become a new habit!

Staying at home with children can be another source of stress. To alleviate stress for both you and your children, check out some additional tips below.

- **Keep a daily routine** for you and your children, that includes reasonable wake up and bedtimes, require getting dressed for the day, and develop a schedule for activities on a white board or notebook so kids know what to expect.
- **If kids are getting rambunctious** – take recess breaks to get outside, encourage quiet activity time by turning the lights down and having children work on an individual activity online or a simple art activity that can keep them occupied
- **Meditation & Breathing Exercises** – tap into [Headspace](#), which is offering a free version of their app for everyone right now! Additionally, [Ten Percent Happier](#), has approachable content and free resources on their website! Use these tools to practice breathing exercises and mindfulness with your children (I am sure you could both use a few deep breaths!)
- Checkout the [Today Show](#) segment that hosted educators providing tips, tricks, and resources!
- Additional tips for parents who are working with children from home can be found [here](#) and learning resources for different grade levels can be found [here](#).