

## Health News You Can Use

The Nurse Corps features health news you can use monthly to promote holistic health—physical, mental, spiritual, and social and total body wellness. “*For your body is a temple of the Holy Spirit in you, which you have from God, and that you are not your own. . . . You were bought with a price; therefore, glorify God in your body.*” (1 Corinthians 6:19-20)

### **April – Stress Management Awareness Month / COVID-19**

Stress can be debilitating in and of itself, and can cause and/or aggravate health problems, but in light of **COVID-19**, it can cause additional stress!

There are several types of stress and we all tend to face these at different times in our lives. The everyday stresses of jobs and family are the most common. Then there is the stress of sudden changes in our routines such as the stress associated with the **coronavirus** or job loss, or working remotely with children around. But a type of stress that is much more concerning is that of traumatic stress such as a major illness, an accident or a tragic death of a loved one.

Because stress can be considered a normal part of the human existence in which nobody is immune to it, it's important to arm ourselves with knowledge so that we recognize when stress rears its ugly head. (Amazingly, we don't always notice it's happening to us.)

In addition to what everyone knows about *hand washing* and *social distancing* to help mitigate the **spread of the Coronavirus**, here are a few more suggestions to help us all deal with stress associated with this pandemic in a healthy way.

1. *Social distancing doesn't mean social isolation.* Reach out to your friends and family and talk and connect via phone or FaceTime. With all of the technology we have at our fingertips, make use of your social network to not be isolated.
2. *Reach out to a neighbor who may need help.* Be mindful if you have a neighbor who may be in the at-risk population and if you are heading out to the store, ask them if they need anything that you can pick up. This will not only help them, it will also help you. Simple acts like these can go a long way and can also make us feel better.
3. *Exercise.* During stressful times going outside and taking a brisk walk can help you relax, boost your mood and help you in managing your stress levels.
4. *Eat a healthy diet* – research has shown that what you eat—and don't eat—affects the way you think and feel.
5. *Get enough sleep.* Make sure to put self-care as a priority and do your best to get enough sleep. Sleep has many benefits and during stressful times it can help aid in keeping your mind and body healthy.
6. *Consume the news in moderation.* While it is important to stay informed and up to date on the latest information about the Coronavirus, too much information adds to our stress levels. The repetitive nature of the news reports is not good for our mental health. Once you are informed, turn off the news and read a book, watch a good television show or feel-good movie. Now would be an excellent time to ask friends for recommendations of series to watch on Netflix, Hulu, HBO, Showtime, etc.

Most importantly, know that being anxious in this time is a completely normal response to stress. Should the stress be too much for you to take, please seek professional help for yourself, if necessary. We have faced other difficult times in the past and with proper care we will get through this too.