

Here's to You!

Tips for your good health provided by your district

June/July 2021

Get ready to get back to normal



We have spent more than a year collectively worrying and protecting ourselves from the pandemic. Life will return to some level of pre-pandemic normal soon, and attention will need to turn to how to get back to normal or used to a new "normal."

New guidelines will help with the physical transitions. The more challenging transition will be mental and emotional. It's been a roller-coaster year, and it's not over. Start getting ready now for post-pandemic life.

Start small. Acclimate slowly by getting out daily. Stop by your workplace. Take your children to visit their schools.

Seek professional help. Mental health professionals are in high demand. If your anxiety is overwhelming, seek professional help from a therapist.

Think it through. Imagine your routine, and mentally walk through your day-to-day activities. Adopt a mindset of optimism, a recognition of challenges that you have the ability to manage.

Consider signing up for an online reentry course. One option is online by The Institute for the Future: Life After COVID-19: Get Ready for our Post-Pandemic Future.

www.coursera.org/learn/life-after-covid-19-get-ready-schools

Listicles for healthy, inexpensive cooking ideas

An increase in home cooking is one of the positive practices adopted by many people during these concentrated periods of sheltering at home. Healthy and budget-friendly, cooking is also a great family activity. Many people, especially younger adults, have said they plan to continue eating in after the pandemic ends. Fortunately, there are resources to help with any cooking need. Here are a few recommendations for family meal planning:

52 Easy, Healthy Dinner Ideas That Take 30 Minutes or Less, <https://bit.ly/2PLNvw2>

13 Sheet-Pan Dinner Recipes That Cost Less Than \$2 Per Serving, <https://bit.ly/3ebn38t>

40 Healthy One-Pot Meals to Simplify Your Weeknights Easier and More Delicious, <https://bit.ly/3aZpCs2>

Healthy Smoothie Recipes That Are Fast and Filling, <https://bit.ly/3gZzJku>

47 Salad Dressing Recipes That Are So Much Better Than Store-Bought, <https://bit.ly/3gSg9GZ>



Here's to You! is published for school district staff members in the interest of your good health. We welcome your comments and suggestions.

Here's to You! is written and published by Marcia Latta, communications consultant.

Graphics from *The Noun Project*, www.thenounproject.com.

Spending more time outdoors? Beware of ticks.

Warm weather and cabin fever bring people outside and into nature. Outdoor activities are healthy and rejuvenating, but there are risks. Learn more about the risks from tick bites to stay safe during summer outings into nature.

More than Lyme Disease

Watch out for ticks after hiking and camping in the woods. Lyme disease is familiar to most, but other lesser known tick-borne illnesses are also hazardous. Some are region-specific. Google the following to safety precautions.

Babesiosis: Watch for flu-like symptoms that can become serious. This tick-borne parasite is transmitted by deer ticks in the Northeast or upper Midwest.

Rocky Mountain spotted fever: Carried by various ticks, depending on the area. It is most commonly found in only a handful of states. It causes symptoms such as headache, nausea and muscle pain. Watch for a pinpoint-type rash. This is a serious condition and must be caught early.

Borrelia miyamotoi disease: Predominantly found in the Midwest, Northeast and mid-Atlantic states, this disease occurs

mostly in July and August. It is similar to Lyme disease.

Powassan virus: Found mostly in the Northeast and Great Lakes regions, this infection happens in late spring to mid-fall and is caused by deer ticks. It is fast-spreading and can

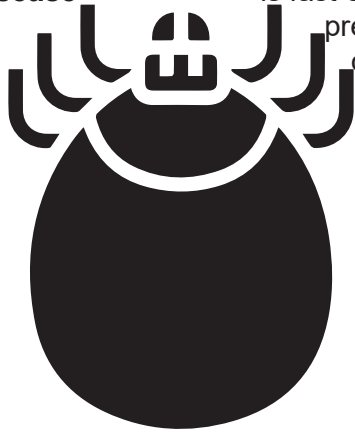
present no symptoms or progress to dangerous conditions.

Colorado tick fever: Mostly found in western states and transmitted by wood ticks, this infection is usually not fatal. Watch for flu-like symptoms and a fever that returns a few days after resolving.

Tularemia: This illness can be serious and has several causes. It has been found in all states except Hawaii. It has a variety of symptoms. Watch for skin ulcers at the infection site and swollen lymph glands.

Anaplasmosis and ehrlichiosis: Transmitted by different ticks, they have similar symptoms, including fever, chills, headache and muscle aches and nausea. Ehrlichiosis often causes a rash. Early diagnosis is important as conditions can worsen and become serious. Antibiotics will treat both.

Read more: www.cdc.gov/ticks/tickbornediseases/rmsf.html



The benefits of a 10-minute exercise habit

According to government health recommendations, adults should get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week and at least two weekly sessions of strength training to stay healthy.

Most people miss that mark. The CDC reports that only 23% of adults ages 18-64 meet both standards; 32% reach both goals.

Making a case for smaller goals

Unfortunately, many people feel like failures if they fall short of these goals, but there is a benefit to shorter sessions — any movement is better than none.

- Starting small can help build healthy habits. Research suggests that it takes 30 days to establish, or break, a habit. Smaller time commitments can support habit-building.
- Shorter sessions can make intense — vigorous — workouts seem easier. There are numerous significant benefits of high-intensity workouts.
- Mixing up workout activities may be easier if the time commitment is smaller. Try something new to maintain motivation.
- Lower expectations are part of pandemic self-care. Fitting some activity into daily routines and letting go of guilt is healthy.

