

# **Optimizing your Mind, Body, and Spirit, during the COVID-19 Pandemic**

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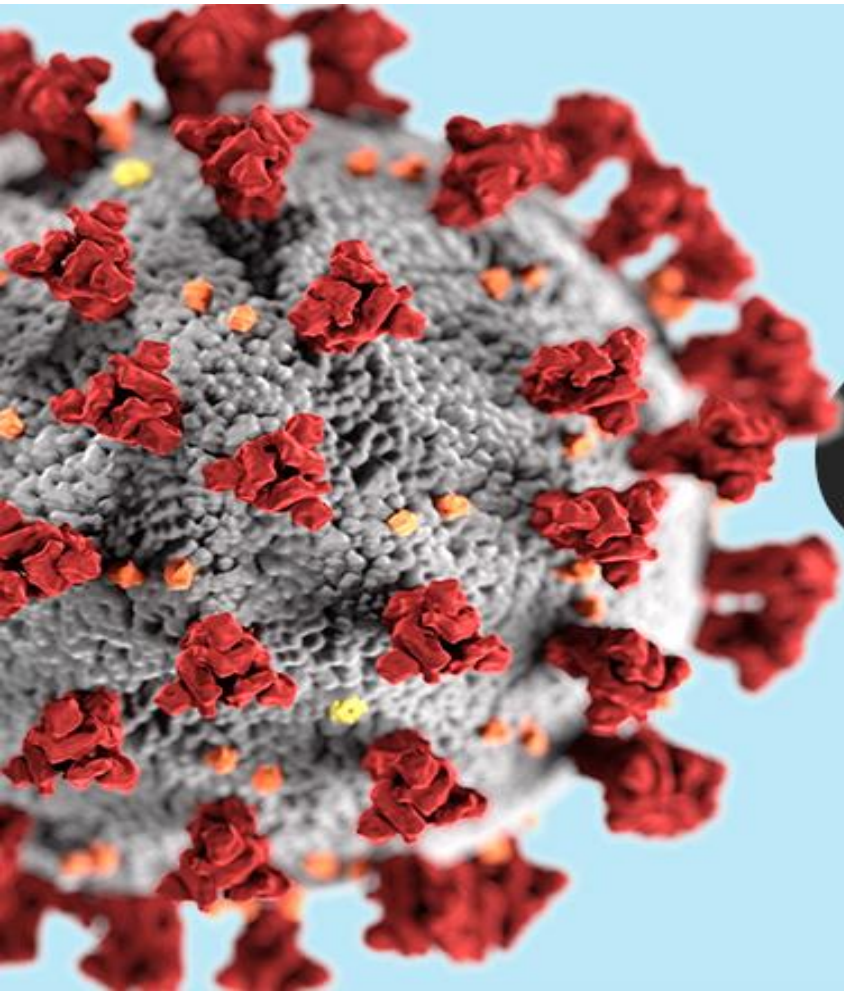
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**A few months ago, you had all your ducks in a row.  
You could sail through your day on autopilot with  
hardly a thought as to how to fill your time.**



**And then?**



# COVID-19

CORONAVIRUS PANDEMIC

**HAPPENED**

# ***WHAT HAPPENED?***



The **COVID-19 pandemic**, also known as the **coronavirus pandemic**, is an ongoing global pandemic of **coronavirus disease 2019 (COVID-19)**, caused by severe acute respiratory syndrome **coronavirus 2 (SARS-CoV-2)**.

The outbreak was first identified in December 2019 in Wuhan, China. To stop the spread of the virus, the world has introduced restrictions that have wide ranging consequences.

Am I okay?

Is my family okay?

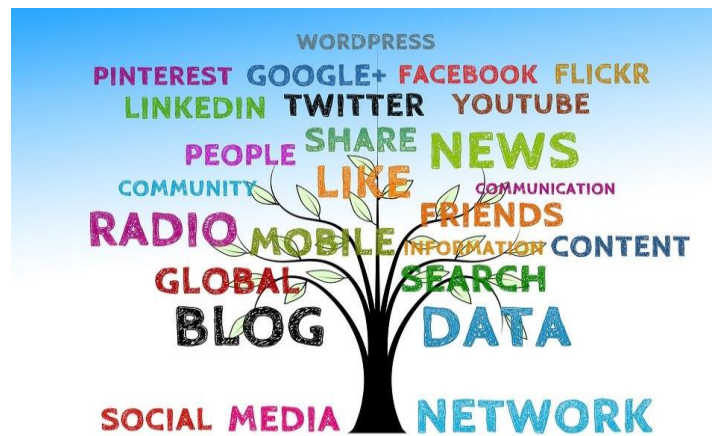
What am I going to do?

Am I able to go out and see my friends  
for our lunch date?

What if I get the virus?

What will happen to me/family/friends?





It is important to stay informed about the COVID-19 Pandemic, but you **MUST** not let all this information overwhelm you.

There is a big difference between being informed and drowning in a tidal wave.

*A good limit to listening to the news would be about **1 hour per day.***

# COVID-19 does change things...



In the uncertainty of daily/weekly/monthly/yearly living, we **NEED** to remain flexible in all aspects of our life.

To me, **THAT** means a variety of things  
*(good and bad)*



Overall, I think during this time and in the future, we need to make the BEST out of each and every day!!

**BEST**

# Simple Precautions!

- Wear a mask indoors in public spaces, when staff comes to your home, and when encountering another person outdoors.
- Socially distance at all times! (6 ft or more between 2 people)
- Wash or sanitize your hands frequently.



# Considerations for Wearing Masks - Help Slow the Spread of COVID-19 –

Updated Aug. 7, 2020 CDC

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**“If you regularly wear a face mask with a valve or vent, the CDC would like you to rethink that. These masks are not as effective as other masks.”**

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Call your doctor immediately if you have symptoms.

To me **COVID** means,

**Create**

**Outstanding**

**Vivacious**

**Inspiring**

**Daily routine**



*This routine will assist in maintaining our fitness (remember it is 3 parts: physical, emotional, and mental), our productivity, and sense of well-being.*

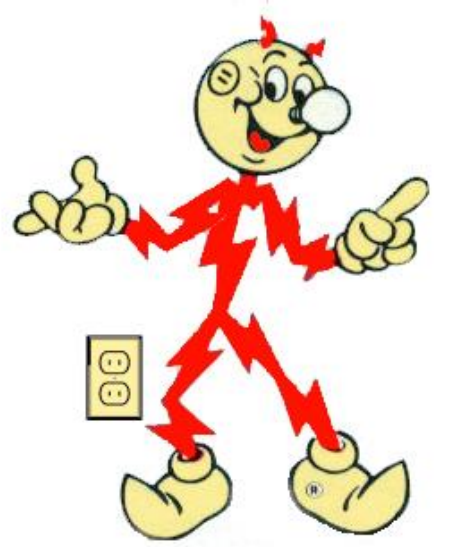
**Let's start with a clean slate!**



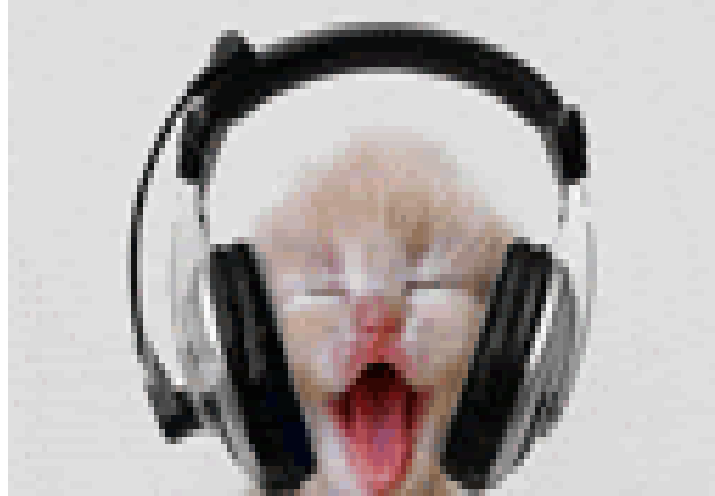
# Jump start your day!!



The following tips are like jumper cables for your morning (*but you don't need to fear being electrocuted*).



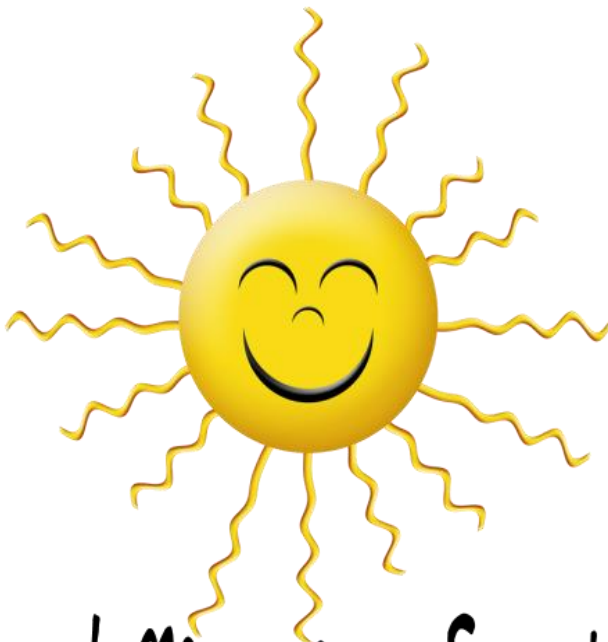




Whether you decide to leave your residence or not, when you get up, you need to put on PEPPY music. While the music is playing, I want you to **EXPEND SOME ENERGY** *(it doesn't have to be strenuous in the morning just to get your blood flowing, body moving and energy propelling).*



Research shows morning exercise  
is **best for reducing stress**  
and helping you burn more fat  
throughout the day.



*Good Morning Sunshine!*

Exercise also releases endorphins which have mood-boosting superpowers, so start your day with a dose of good vibes in addition to listening to your music and listening to my voice.

# Use a fitness tracking device.

Pedometer if you walk, FitBit for your exercises, app on your phone/computer, notebook to write down workout including thoughts or ideas.



# Sample Workout

Here is a small workout that you can do anytime that the spirit moves you.

*\*\* Contact your physician/medical professional before doing any exercise. \*\**



# Let's Get Moving!!

1. Walk around your residence 2-4x
2. March in place for 30secs alternating with heel raises for 30 secs (*do this 2x*)



3. Neck side to side (*look over shoulders*) including looking at your feet (*do this 3x*).

***DO NOT LOOK UP at CEILING!!***

4. Reach for the sky (*alternating arms*) 10x per arm (*If unable to do overhead*) reach forward



## And We Go For More....

5. Do a series of squats (*depth as tolerated*) → Side leg raises (*both standing at counter top or holding onto chair if needed*)
6. Do a series of shoulder blade squeezes (*5 secs hold*) → Triceps Kickbacks





# And More ...



7. Do a series of Hamstring curls  
→ Shoulder Extensions

8. Sit and do crunches and diagonal crunches  
*(alternating each exercise)*

## **\*\*NOTES\*\***

- Contact your physician/medical professional before doing any exercise.
  - Do a set of 7-15 reps for 1-2 sets

# Counter/Chair Squats



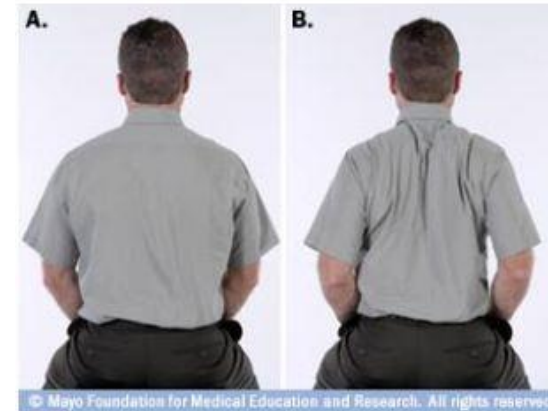
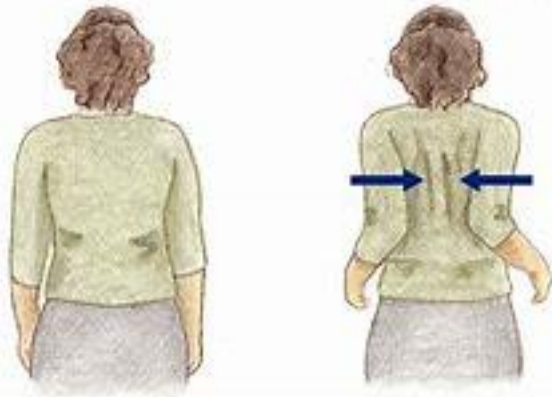
# Standing Side Leg Raises

- make sure you keep opposite knee bent  
*(leg you are standing on)*



# Shoulder Blade Squeezes

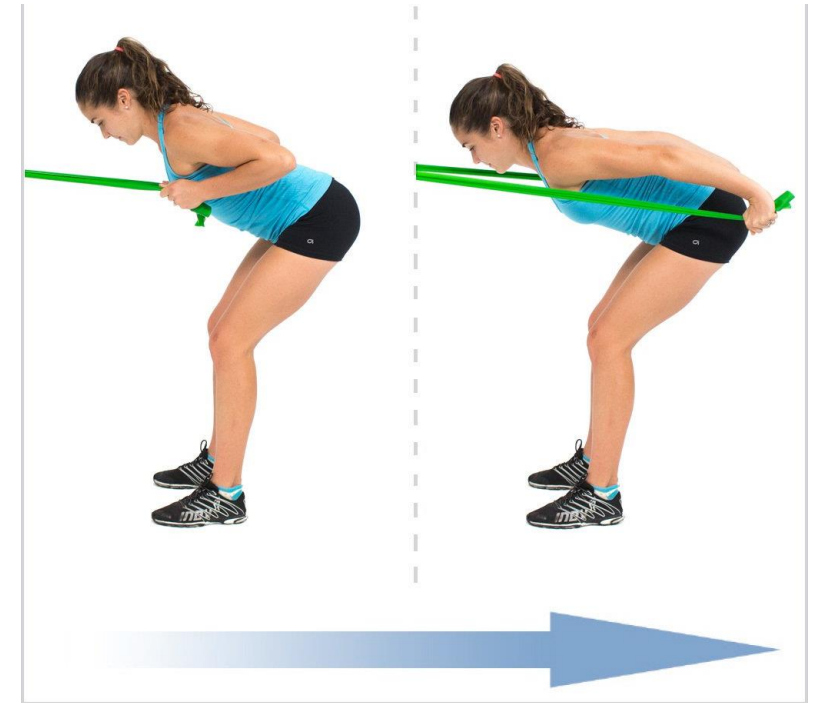
– make sure you DON'T RAISE UP YOUR SHOULDERS (*hunch*)



## Shoulder blade squeeze

Sit on an armless chair or a stool (A). While maintaining good posture, pull your shoulder blades together (B). Hold for five seconds and then relax. Repeat three to five times twice a day.

# Triceps Kickback



# Hamstring Curls



# Shoulder Extensions



# Seated Crunches/Curl-ups



# Seated Diagonal Crunch





# Do Not Forget to Fuel Up!





Before trying new foods or changing your eating habits, please check with your physician, especially if you have a medical condition that requires a specific diet or specific timing for food intake.

# Eat a Yummy but Healthy Breakfast



*We all know that a car can't drive without fuel, so you can't expect your body to perform without food.*

Provide your body with the proper nutrients that will kick-start your metabolism and give you some energy.



If you eat right, you'll gain increased focus and more energy to keep you productive and on task throughout the day.



Make sure to hydrate, too, but hold off on a lot of caffeine (*more than 2 cups*).



# Breakfast ideas (yummy in my tummy)

## Banana Split Oatmeal

**Yield: 1 serving**

**Ingredients:**  $\frac{1}{3}$  cup oatmeal, quick-cooking (dry),  $\frac{1}{8}$  teaspoon salt,  $\frac{3}{4}$  cups water (very hot),  $\frac{1}{2}$  banana (sliced),  $\frac{1}{2}$  cup frozen yogurt, non-fat OR you can add fresh blueberries or raspberries instead of banana, add  $\frac{1}{4}$  cup shelled, unsalted, dry roasted chopped pistachios or walnuts (if desired).

# Breakfast ideas (yummy in my tummy)

## Banana Split Oatmeal

### Preparation:

In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again. Top with banana slices and frozen yogurt. Add 1/4 cup shelled, unsalted dry-roasted chopped pistachios or walnuts or other fruit (if desired).

# More breakfast ideas...



## Healthy Breakfast Frittata

**Yield:** 2 Servings or 1 Large serving

**Ingredients:** 1/2 medium onion, minced, 4 medium cloves garlic, chopped, 1/4 lb ground lamb or turkey, 1 + 2 TBS chicken broth, 3 cups rinsed and finely chopped kale (stems removed) or any other green leafy vegetable, 5 omega-3enriched eggs salt and black pepper to taste *\*You can substitute any vegetables—make your plate colorful\*.*



# Healthy Breakfast Frittata

**Preparation:** Mince onion and chop garlic; let them sit for 5 minutes to enhance their health-promoting benefits. Preheat broiler on low. Heat 1 TBS broth in a 9-10 inch stainless steel skillet. Sauté onion over medium heat, for about 3 minutes, stirring often. Add garlic, ground lamb or turkey, and cook for another 3 minutes on medium heat, breaking up clumps. Add kale and 2 TBS broth. Reduce heat to low and continue to cook covered for about 5 more minutes. Season with salt and pepper, and mix. Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring. Place skillet under broiler in middle of oven, about 7 inches from the heat source so it has time to cook without the top burning. As soon as the eggs are firm, it is done, about 2-3 minutes.

# More still...

## Greek Yogurt Parfait



Yield: 4 servings

**Ingredients:** 3 cups plain fat-free Greek-style yogurt (such as Fage), 1 teaspoon vanilla extract, 4 teaspoons honey, 28 clementine segments, 1/4 cup shelled, unsalted dry-roasted chopped pistachios.

### **Preparation:**

Combine yogurt and vanilla in a bowl. Spoon 1/3 cup yogurt mixture into each of 4 small parfait glasses; top each with 1/2 teaspoon honey, 5 clementine sections, and 1/2 tablespoon nuts. Top parfaits with the remaining yogurt mixture (about 1/3 cup each); top each with 1/2 teaspoon honey, 2 clementine segments, and 1/2 tablespoon nuts.

*Serve immediately.*



# Healthy Snacks for Older Adults

1. Frozen grapes or a frozen banana
2. Hummus with carrots and cucumber slices
3. Greek yogurt with peach slices or fresh berries
4. Handful of roasted almonds or heart-healthy walnuts
5. Glass of unsweetened almond or cashew milk
6. Whole grain popcorn (*skip the extra salt and butter!*)

# Healthy Snacks for Older Adults

7. Apple slices and almond butter or natural peanut butter
8. Whole grain crackers topped with canned tuna
9. Bowl of oatmeal topped with blueberries
10. Avocado on whole wheat toast
11. Hard boiled egg
12. Sliced tomato with feta cheese and a drizzle of olive oil
13. Mini pita bread with black beans
13. Apple chips sprinkled with cinnamon



# Don't underestimate the power of Water!! Hydration adds power!

Drinking a glass of water in the morning after going hours without a sip is a good way to hydrate your body.

The Ayurvedic technique of adding lemon to a warm glass of water helps remove toxins from your digestive tract that may have built up overnight, provides a good source of vitamin C, freshens your breath, supports weight loss, and stimulates metabolism and digestion. Bottoms up first thing in the a.m. for a healthy—and refreshing—start to your day.



# Healthy Eating Resources for Senior Adults (*ONLINE*)

**Eating Well Over 50: Nutrition and Diet Tips for Healthy Eating as You Age**

*[http://www.helpguide.org/life/senior\\_nutrition.htm#feed](http://www.helpguide.org/life/senior_nutrition.htm#feed)*

**Foodsense Nutrition Education: Eating Well for Healthy Adults**

*[http://extension.usu.edu/files/publications/factsheet/pub\\_\\_4803206.pdf](http://extension.usu.edu/files/publications/factsheet/pub__4803206.pdf)*

**NIH Senior Health: The Benefits of Eating Well**

*<http://nihseniorhealth.gov/eatingwellasyougetolder/benefitsofeatingwell/01.html>*

**The American Dietetic Association: Resource List of Nutrition Articles for Older Adults**

*<http://www.eatright.org/Public/list.aspx?TaxID=6442452015>*

**Healthy Living for Cancer Prevention**

*[http://preventcancer.aicr.org/site/DocServer/Nov2007\\_After\\_50\\_FINAL.pdf?docID=1571](http://preventcancer.aicr.org/site/DocServer/Nov2007_After_50_FINAL.pdf?docID=1571)*

# **Healthy Eating Resources for Senior Adults (*books*)**

**Healthier Together: Recipes for Two—Nourish Your Body,  
Nourish Your Relationships: A Cookbook**

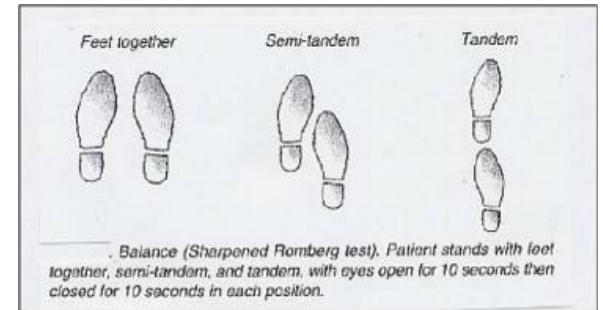
**The SkinnyTaste Cookbook: Light on Calories, Big on Flavor**

**Nutrition Stripped: 100 Whole Food Recipes Made Deliciously Simple**

**The Healthy Seniors Cookbook: Ideal Meals and Menus for People Over Sixty**

# Now it's Time to Clean Up Your Act!

It is time to brush your teeth (*as a challenge try standing in semi-tandem or tandem stance*).



Clean up (*yourself*) and the house...  
try dancing as you dust.



Don't forget to take your meds  
(*if you haven't already*).

Also, remember to make your bed  
(*this is the 2<sup>nd</sup> biggest accomplishment to start your day*).





# Enhance Mental Fitness

## Remember to practice Optimism and Gratitude

Smile and look at yourself in the mirror and smile when you are talking to someone (*if you can't see them*) and smile at each other. When you smile, it signals your brain to release the feel-good neurotransmitters (*dopamine, endorphins, and serotonin*), which lift your mood, relax your body, and lower your heart rate.



*Who wouldn't want to start their day on this positive note?*

As you smile, start to reflect upon what you're grateful for. Did you know that practicing gratitude can assist in reducing your stress hormones and improves mood, amongst other benefits? So, adding a simple daily gratitude renewal is a great way to kick-start your morning.



# Take Time to Self-Reflect!

Take 20 minutes to reflect on you (*write in a journal or record yourself*) and 1 or 2 opportunities that you are grateful in your life.

**OR**

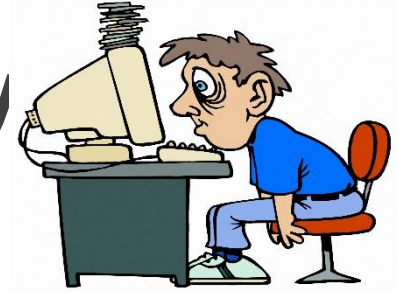
Write a love letter to yourself or a loved one (*whether they are here or not*).

**OR**

Water your plants, walk the dog, feed the cat and spend time with them.



# Do Not Be Held Captive to Technology



If the first thing you do when you wake up is check your smartphone for messages or emails, you may be doing yourself a disservice. You are immediately cultivating a reactive mindset, instead of a proactive one, which will cause you to start your day in a defensive state, rather than a place of inner peace and control.

*Instead, try remaining detached from technology for the first hour of your day so you can begin your day with present-moment awareness and a positive focus*

**And on occasion, take time to rest,  
relax, unwind, and nap.**



# Meditate to Unwind

Incorporating some type of mindfulness practice like meditation into your daily routine can help ground you and train your mind, which then influences your emotions and how you react to challenges throughout your day.



During your meditation is also a great time to set or reset your intention for the day.

When you get clear on how you want your day to go or what you want to feel or accomplish, you can make clear decisions that create the life you truly want to live.

# Not sure where to get started?

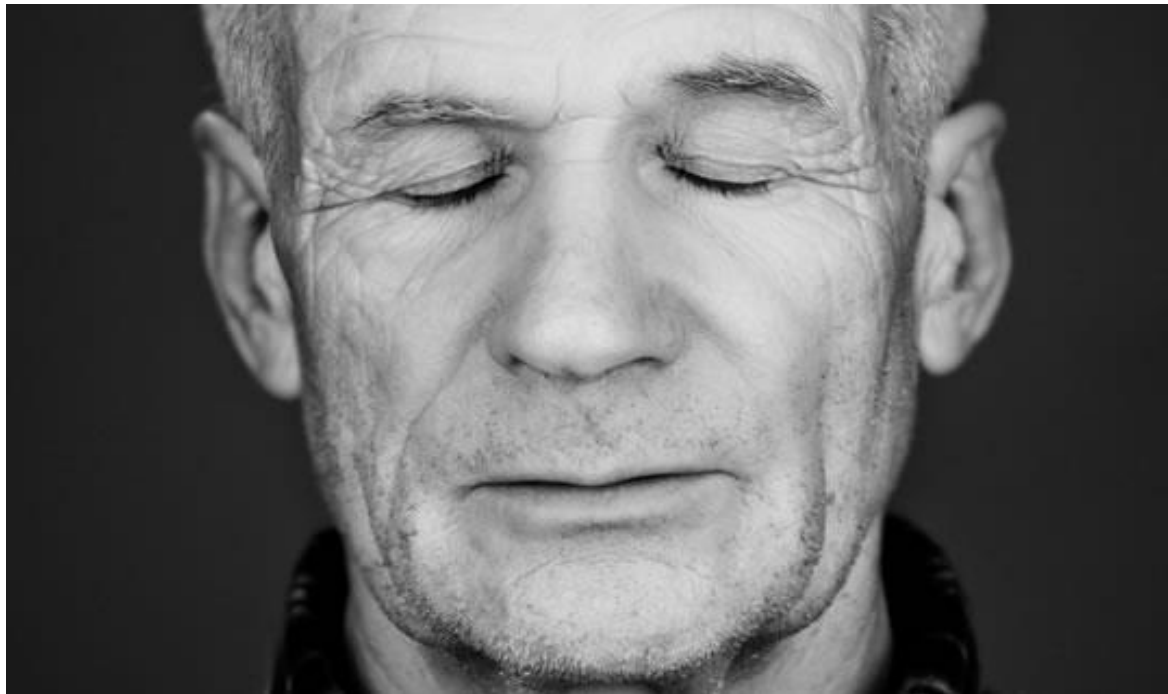
Here is a simple meditation you  
can do in the morning:

*Get into a comfortable seated position and  
set a timer for five minutes.*



# Meditate to Unwind

Close your eyes and focus on your breath.







**4, 4, 8**

Inhale through your nose for four counts,  
retain for four counts, and exhale through  
your nose for eight counts.

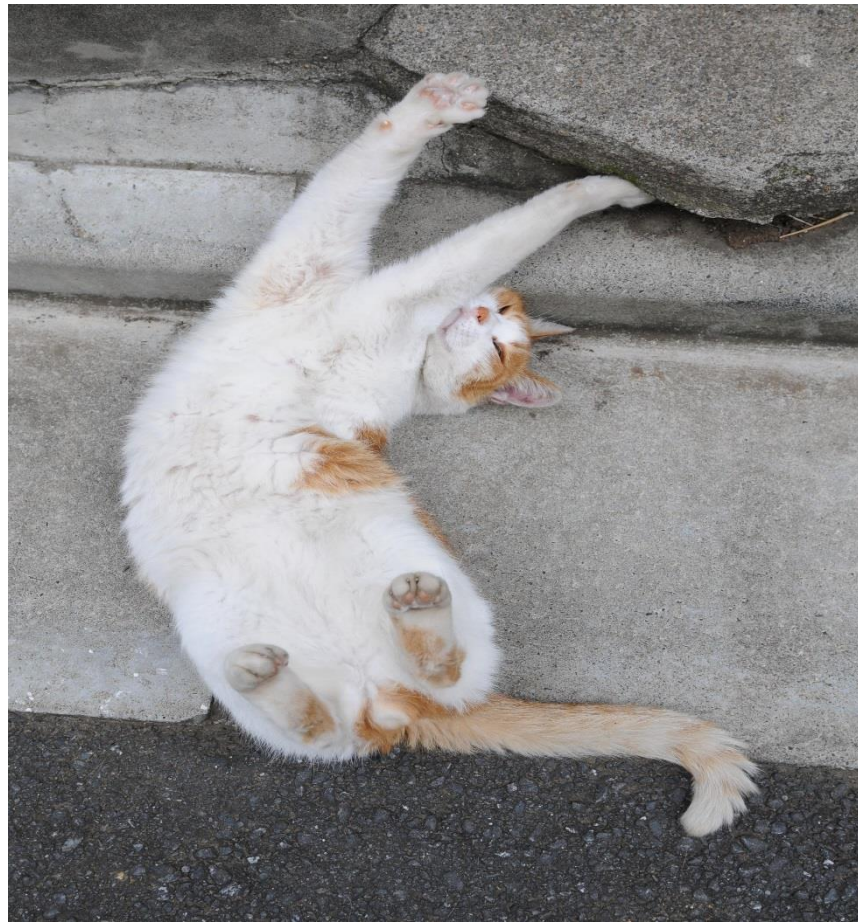


*Every time you notice your mind wandering,  
gently guide it back to focus on your breath.*

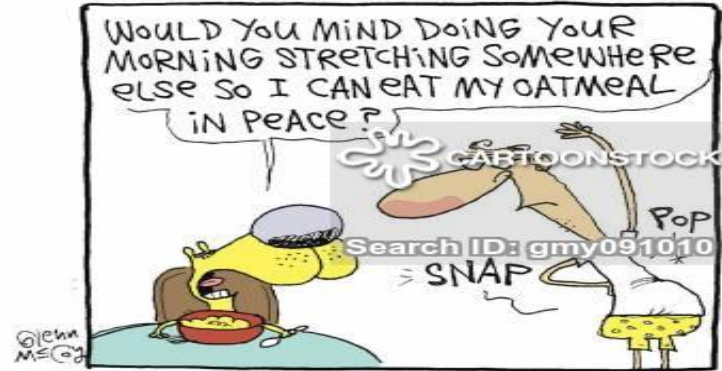
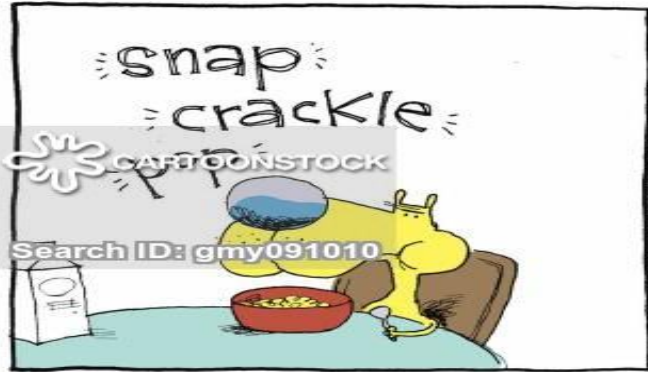


When the timer goes off, release your counting, but stay seated with your eyes closed for a moment.

*Set an intention for your day and visualize yourself meeting this intention.*



Open your eyes, draw your arms up to the sky for a stretch,  
and then move on with your day, carrying the  
calm energy and intention with you.





**Carry the relaxed state of mind over to our  
body with a few stretches  
*(for your lower and upper body).***

# ASK THE DOCTOR FIRST!

## NOTES:

*Contact your physician/medical professional before doing any exercise.*

Stretches are NOT designed to increase pain  
**(IF THERE IS A STABBING KNIFE LIKE PAIN STOP IMMEDIATELY)**  
just a moderate tugging sensation.

Hold each stretch for 30seconds (*unless otherwise noted*) and done 2-3 times per side (*alternating sides*).

# Stretches for Lower body



## Single Knee to Chest/Low Back/Buttock Stretch

Lie on your back bringing one knee toward your chest. Place hands top of knee, gently bringing knee toward chest until a stretch is felt in buttock and lower back. Hold 5 to 10 seconds.

Repeat 5 times/leg.

*Variation: Bring knee toward the opposite shoulder to stretch the opposite low back or buttocks.*



# Stretches for Lower body

## Hamstring Stretch (Standing)



Stand with leg to be stretched supported on a chair or platform of comfortable height, with your knees straight. Opposite foot should point straight ahead. Slowly bend forward from hips keeping your back straight until stretch is felt at the back of your thigh or calf  
*(raising up the leg)* on the table.

Hold 20 to 30 seconds.

Repeat 2-3 times/leg.

Alternate legs.

# Stretches for Lower body



## Hamstring Stretch (Sitting)

Sit on chair with leg to be stretched extended in front of you, toes up, and the opposite foot resting on the floor. Slowly bend forward from the hips keeping the back straight until a stretch is felt behind the knee.

Hold 20 to 30 seconds.  
Repeat 2-3 times/leg.  
Alternate legs.

# Stretches for Upper body

## Upper Trap Stretch



**Upper Trapezius Stretch**

Sit up nice and tall (good posture) Slowly tilt your head to the right.

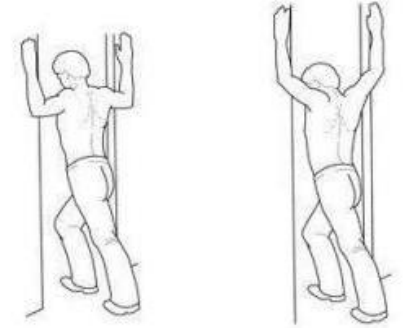
With your right hand, gently pull your head to the side. You'll feel a nice, easy stretch along the back left side of your neck.

Hold 20 to 30 seconds.

Repeat 2-3 times/leg.

Alternate legs.

# Stretches for Upper body



## Pectoralis/Chest Doorway Stretch

Find a doorway. Bend your elbow 90 degrees (as tolerated) and elevate your shoulder 90 degrees (as in surrendering pose).

Put your elbow and hands on the frame of the door, and lean forward through the doorway to feel the stretching in the front of your shoulder and chest.

Hold this stretch for 30 seconds and relax.

*(Note: be gentle on this one to avoid shoulder flare up pain)*

# Take Care of Your Emotional Health Too!

**Be kind to yourself!**

**Give yourself permission to be imperfect!**

**Do the best you can and that is all you need to do!**





# Train Your Mind to Look at The Glass Half Full Not Half Empty!

When your mind views information or an event in a negative way, you tend to experience increased stress and poorer coping.

Instead, view the same information or event as a challenge to remain resilient.

Consider yourself being chosen for this moment because you were meant to be in this place at this time and are up for the challenge.

Cultivate an attitude of gratitude regarding the opportunities you are given to change gears.

# YOUR SUCCESS IS OUR SUCCESS!!

We are more alike than we are different as we go through some of these same challenges during the pandemic.

Now is the time to break down the divide between us, to move past limiting perceptions of one another.

Be aware of your personal biases and cultivate kindness toward others and yourself.





# Social Contact Is Important In Person Or Otherwise!



# Reach out to family, friends and fellow residents!



1. Remember **you are not alone.**
2. Create a list of all the people you can rely on to talk to and share your experiences.



### 3. REMEMBER:

A problem shared takes half the burden off of you.

4. Find safe ways to strengthen your social support, spend time with loved ones while still practicing physical distancing and masking as applicable.



5. If you can't be with them physically, schedule times every day – even if it is just 5 minutes – to decompress by sharing what you are feeling. Face time, Zoom or simply talk on the phone!

6. Allow time to just “goof off” with someone else with no particular reason other than to feel better.



Pressures of our new daily life mean we're increasingly detached from nature even though nature in many forms is there for us. Yes, like love, nature is all around – and it's free.



And here in Culpeper, nature is on our doorstep all year round. Even in winter.



Just add your own curiosity,  
*a chunk of attention span and a dollop of patience.*



# And Before You Know It, the Day Is Over...



# And It Is Time to Turn In...





# Strive to Sleep Well!

Sleep through the night.

As a result of the fear of the unknown, many of us (including yours truly) is having a hard time getting sleep (or staying asleep).

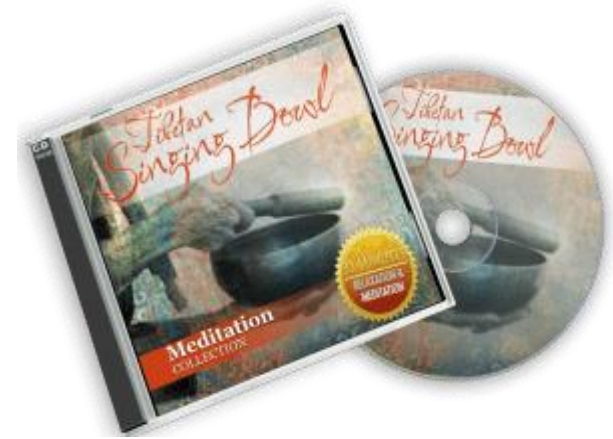


# Key Rules of Sleep Hygiene

1. Wake up every morning at the same time even on week-ends.
2. Drink no more than 2 cups of coffee per day.
3. Practice the daily routine.



# More Key Rules of Sleep Hygiene



4. Eat a light dinner at night – Avoid coffee, dark tea, chocolate or alcohol around 6-7PM
5. Turn off TV, computer, cell phone and tablet at least 30 minutes before bed. Read a book (*not on a tablet*), take a warm bath or listen to soft music to help body and mind unwind.

# And Some More Rules of Sleep Hygiene

6. Use the bathroom


7. Lights out every night around the same time. If you cannot fall asleep within 15 minutes, leave the bedroom. Sit somewhere quiet for 15-20 minutes and read a book or doodle on a paper with a pen. Go back to bed.



**CARE FOR YOURSELF, CARE  
FOR SOMEONE, JUST CARE!**



Care does not need powerful eyes or  
a cute voice or a lovely face.  
It always needs a beautiful,  
Responsible heart with affection  
forever.

  
[www.idlehearts.com](http://www.idlehearts.com)



Every story  
has an end,  
but in life  
every ending is  
a new beginning.

**We Got This!**



**Thank you for your time with me!**



# And Now...



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