



UAS WELLNESS TEAM

April 22, 2020

From our Nurse Elisa:

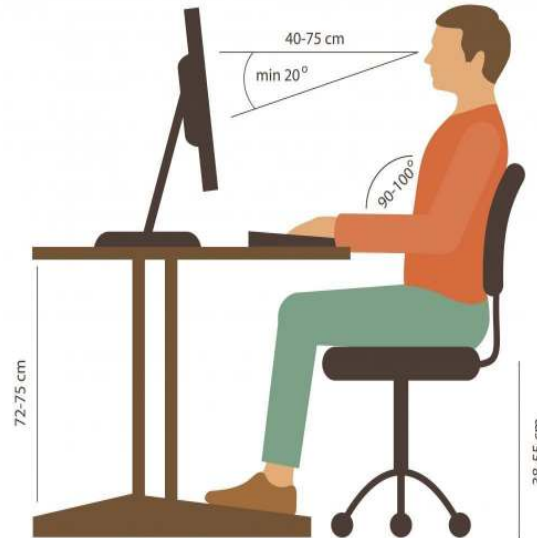
Ergonomics for the screen use at home

This time I would like to take a moment to improve our body position while working with the computer. The design of furniture and equipment will help us to prevent soft tissue injuries and musculoskeletal disorders caused by a wrong posture. Here are some guidelines that will help adults, teenagers, and kids to adjust our home office and classroom area:

- **Chair:** you can use an ergonomic piece of furniture or use a lumbar roll to help maintain the natural curve in your lumbar back.
- **Desk:** Under the desk, make sure there is clearance for your knees, thighs, and feet.
- **Keyboard and mouse:** Place your mouse within easy reach and on the same surface as your keyboard. While typing or using your mouse, keep your wrists straight, your upper arms close to your body, and your hands at or slightly below the level of your elbows.
- **Your eyes level:** Close your eyes while sitting comfortably with your head facing forward. Slowly open your eyes. Your gaze should be aimed at the center of your computer screen. If your computer screen is higher or lower than your gaze, you need to either raise or lower it to reduce strain on the upper spine.
- **Your neck and head position:** your ears should always be above your shoulders, NOT in front.
- **Your back:** adjust the backrest of your chair to support your low- and mid-back or use a back support.
- **Your Knees:** should be at or below the level of your hips.
- **Your feet:** Use a step or block to support the bottom of your feet. This can help you maintain a neutral lumbar spine. Don't cross your legs. Your ankles should be in front of your knees.
- **Move for health!** Take a break from sitting in an office/home chair every half hour for at least two minutes in order to stretch, stand, or walk.



- **Remember:** The key to good posture is the position of your spine. Your spine has three natural curves - at your neck, mid-back, and low-back. Correct posture should maintain these curves, but not increase them.



In order to help your child have positive and pain-free school days at home, correcting poor posture is necessary. If your child slouches while doing their work for the day, help him or her sit and stand in alignment. The following is a [video](#) that you can share with your kids to better visualize the essential components of ergonomics.

Feel free to contact me if you need further information. I will be pleased to help you!

Resources: CDC, Spine Health, American Chiropractic Association, and Mayo Clinic.

From our Secondary Counselor Michele:

I hope you are all doing well. I definitely miss seeing you in the hallways and the cafeteria. One common thread I noticed in talking with adults is the need for mental calm and serenity during this time. We think we are calm because we are in our homes, but really we often feel anxious and worried underneath the surface.

I recommend the book, *Calm*, by School of Life. <https://www.theschooloflife.com/shop/tsol-press-calm/>. Here is the description: "Few life skills are as neglected, yet as important, as the ability to remain calm. Our very worst decisions and interactions are almost invariably the results of a loss of calm - and a descent into anxiety and agitation. Surprisingly, but very fortunately, our power to remain calm can be rehearsed and improved."

We don't have to remain where we are now: our responses to everyday challenges can dramatically alter. We can educate ourselves in the art of remaining calm not through slow breathing or special teas but through thinking. This is a book that patiently unpacks the



causes of our greatest stresses and gives us a succession of highly persuasive, beautiful, and sometimes dryly comic arguments with which to defend ourselves against panic and fury.”

Here is also an interesting article on how looking at artwork can also make us feel calm and less anxious. The artwork has a way of helping us look at the bigger picture and make us realize that everything eventually will be okay.

<https://www.theschooloflife.com/thebookoflife/24287-2/>

From our Nutritionist Eloísa:

Achieving variety at breakfasts and snacks can be challenging, plus they also need to be delicious and healthy! Below please find 5 healthy recipes you can make with your kids to keep them fueled:

[Peanut butter fruit dip](#)

[Banana & coconut cookies](#)

[Cheese fainá](#)

[Tangerine muffins](#)

[Black bean brownies](#)

