



UAS WELLNESS TEAM

April 29, 2020

From our Nurse Elisa:

CDC and local authorities recommend wearing a facemask in the public setting. Therefore, thinking in advance, we need to be prepared once our kids can also join public areas in the most possible safety way. I would like to share a [video](#) that helps us to make a cute and funny face mask for our kids. There are a wide variety of ideas for kids I hope you like this one. I will try to make some face masks at home as well. You can share pictures with us!

From our Elementary Counselor Marisa:

How does gratitude play an important role in mental health?

Gratitude is strongly associated with being happy and can improve a person's well being. Being grateful means focusing on those things that you have instead of those things you do not. It does not mean denying the difficulties and obstacles, but instead being able to realize the power we can have on transforming difficult times and obstacles into new opportunities.

That positive thinking helps us cope with adversity, makes us feel more connected and improves general health. An article from Harvard Medical School, mentions that "Taking time to acknowledge the goodness in life is important during times of crisis as it allows a person to shift their perspective, calm fear and anxiety, and maintain a positive outlook in an uncertain situation."

Scientific evidence proves that being grateful is a protective factor in life. How do you consciously show gratitude? There are many ways to do it, send an email or text someone to tell how much you appreciate the work they are doing; write in a journal all the things you are grateful for; tell people around you what you are grateful for and be a model teaching gratitude to you kids; by doing so you are helping them build some protective factors for the future.

From our Secondary Counselor Michele:

Mark Brackett, the Director of the Yale Center for Emotional Intelligence, and the author of Permission to Feel writes a weekly blog about how to handle and deal with emotions. It can be difficult to deal effectively with emotions in the best of times, let alone during the quarantine.

He suggests several strategies for dealing with emotions, especially when something triggers you. The first thing you need to do is to bring down your emotional temperature –to lower our activation levels—and give yourself the space required for rational thought. He refers to the steps to calm you down as ‘meta-moments’. Some examples include taking a few deep breaths, taking a few steps back, excusing yourself for a minute, or even taking a walk around the block.

His podcast with the famous researcher, Brene Brown, is excellent and is a good resource for dealing and examining emotions. Also, for additional information on Mr. Brackett’s work, including webinars, articles and links to his blog can be found at www.marcbrackett.com.

From our Nutritionist Eloísa:

I would like to share some easy tips to buy efficiently and to stay healthy in this time of crisis and with the upcoming arrival of winter.

1) **Frozen**

Always have some frozen fruits and vegetables, all good sources of antioxidants, minerals and vitamins. Also, try to have seafood in your freezer for good proteins and Omega 3.



2) **Canned**

Beans, tomatoes or other vegetables and fruits. They long last and you have always a good option for different meals.

3) **Dried**

In Uruguay, we mostly find dried fruits like dates, cranberries, grapes but in other countries, there are also dried vegetables like kale chips or beans. All good sources of fibre, minerals and vitamins. Dried milk is also a good option if you don't want to go to the store every week for fresh milk.



4) **Grains**

Oats, rice, and quinoa are excellent sources of energy and fibre as well. Prefer whole grain version. Maybe this is a good time to try new grains like millet or amaranth.

5) Most importantly, **have fun!**

Get in the kitchen with your kids, look for an old family recipe and prepare a special dinner for your family. Do not forget to set a nice dinner table to make it more special.

