



UAS WELLNESS TEAM

April 15, 2020

From our Elementary Counselor Marisa:

During this uncertain time, it is common to have feelings of anxiety that make us worry about how things will develop. Sometimes these thoughts stay with us and are hard to overcome. Try to remove elements out of control from your thoughts and focus on things you are able to control such as:

- Connecting with friends and loved ones through phone calls, texts, etc.
- Finding ways to do things that you enjoy doing; read a book, watch a movie, knit, cook, take a course you were not able to do before, or just try to find the positives of being at home. Be mindful of the time and try to enjoy it. Sometimes we are not able to take the good things in the present moment.
- Controlled breathing is a technique that will help you. Square breathing is one of those techniques that will help you. Visualize your breath traveling along a square. As you follow the instructions to inhale, hold your breath, or exhale, count slowly to three on each side. Try it now. Inhale up the first side of the square. Slowly count one, two, three. Hold your breath across the top. One, two, three. Keep like this for the four sides. In the end, you will feel more relaxed and centered.
- Limit your intake of information. It is easy to focus on social media, the internet, and TV. Too much information can raise anxiety. Rely on credible sources once a day then find other things to do

We are on this journey together and we are able to take the best of it. If you need support do not hesitate to contact me.



From our Nurse Elisa:

Immune System & Vitamin C: The immune system is a multifaceted and sophisticated network of specialized organs, tissues, cells, proteins, and chemicals that protect the host from a range of pathogens. More than half a century of research has shown vitamin C, also known as ascorbic acid, to be a crucial player in various aspects of the immune system, particularly immune cell function.

Vitamin C is an essential nutrient that cannot be synthesized by humans. Therefore, we need to get it from external sources. The highest concentration is found in fruits (particularly citrus), green vegetables, and tomatoes. It is necessary for the development of bone structure, iron absorption, skin integrity, and immune function.

Current global studies show the positive impact that Vitamin C has in the treatment of seasonal respiratory disorders. We need to consume it every day, and not just at the start of cold or flu symptoms. We emphasize that a healthy diet provides an adequate amount of vitamin C.

Vitamin C Food Sources	Serving	Milligrams
Orange juice (citrus fruits)	¾ cup	93
Grapefruit juice	¾ cup	70
Cooked broccoli	½ cup	51
Strawberries	½ cup	49
Tomato juice	¾ cup	33
Cantaloupe	½ cup	29
Cooked cabbage	½ cup	28
Raw cauliflower	½ cup	26
Baked potato	1 medium	17
Raw tomato	1 medium	17
Cooked spinach	½ cup	9
Cooked frozen peas	½ cup	8

Normal daily suggested intakes for vitamin C are generally defined as follows:

People	US mg/day
4 to 6 years of age	45
7 to 10 years of age	45
Adolescent and adult males	65 - 90
Adolescent and adult females	65 - 90

An orange or a cup of strawberries, chopped red pepper, or broccoli, provides enough vitamin C for the day. Should we take a supplement? According to experts, it's better to get vitamin C from food, because you also get other important nutrients. If we eat the recommended servings of fruits and vegetables per day for general health, then we will get enough vitamin C.

I hope this information is useful to you. If any doubt arises, you can contact me at epereira@uas.edu.uy

**Resources: US National Library of Medicine, Mayo Clinic, CDC and Harvard University.*

We appreciate your time in reading this communication.



From our Nutritionist Eloísa:

We are all a little tired of thinking about what to eat every day. I would like to share with you this weekly menu with recipes that I usually make at home. I hope you all enjoy them!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Meatballs and spaghetti</u>	<u>Pumpkin soup & Quinoa Burgers</u>	<u>Tuna pie with salad</u>	<u>Vegetarian lentil stew with rice</u>	<u>Chinese chicken curry with mashed potatoes</u>