

Newsletter 2020



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CICL CONNECTIONS

Keeping Good Body and Mind Alignment.



drinking tv shows listening weed outside pets home lol helps eating art Cooking Games
Nap playing wife Watching tv kids Talking Bible dogs food meditation
Staying home walking helped relax nothing resting friends
projects Exercise crafts music Taking Reading baking
family movies Sleep walks outside TV outdoors time gardening
relaxed Sex Prayer quiet working people spending time cleaning
Watching nature alcohol work home Video games YouTube wine going walks
listening music watching news Netflix phone writing hobbies

The World Health Organization announced in a March 2020 briefing that it preferred the use of the term “Physical Distancing” rather than “Social Distancing”, as social distancing sounded like social isolation and implied a lack of human connection.

The world population before the onset of COVID-19 was set in a comfortable rhythm of life routines with very few among us having any concerns for the onset of a virus pandemic. The alarm clock would chime each morning in a household, and each member of the family glided through their routines like clockwork. Students, Housewives, Businesses, and working professionals from all walks of life moved to the rhythm of their expected roles each day. These predictable roles, we refer to as NORMAL.

Then one day in 2020, our normal became abnormal. All of our predictable routines got interrupted and came to a crashing halt. The announcement of an outbreak of a contagious virus pandemic, referred to as COVID 19 sent the entire world’s population in a preservation mode. The clock stopped. Or did it? The entire family was now mandated to stay indoors to preserve the life and safety of others in the community. With physical contact limited to 6ft apart, what is one to do? We still need to eat, children need to continue their education, medical conditions need to be attended to, essential work must continue and life must go on. More than ever before, mental and physical well-being are entwined.



Keeping Good Body and Mind Alignment.

Effectively adapting and managing in confined spaces for an extended period, will be the true test of our endurance as a species.

While our adapting mechanism is unfolding in the education sector with online learning, in the health sector, with more advance and rapid testing tools, in the commerce sector, with working from home, in the retail sector with home deliveries, and so on... During these uncertain times, self-care, together with developing and nurturing good hobbies, is key to keeping good body and mind alignment. But free time and making healthy choices takes a whole new meaning in the context of a pandemic. While we are navigating through this difficult time, here are a few suggestions you might find helpful for yourself and your family members.

1. Prioritize **“Rest & Relaxation”**. It is easier said than done right now, however, its importance cannot be underscored. While your habits in getting into your relaxation zone may vary with the music you listen to, or the glass of wine or drink you consume, including the time to quiet your thoughts, and letting your mind rest is a vital part of the healing process.
1. It reduces stress and improves overall health. It will Improve your focus too, as an active mind gets tired just like an active body. At least eight (8) hours of sleep are recommended daily.
2. **Start your day with “Meditation & Prayer”**: Meditation and Prayer can give you a sense of calm, peace, and balance that can enrich your spiritual journey, and benefit both your emotional well-being and your overall health.
3. **Exercising before eating breakfast** burns fat faster, improves how the body responds to insulin, and lowers people’s risk of type 2 diabetes and cardiovascular disease.
4. **Drinking water on an empty stomach** helps in cleansing your bowels, flushes toxins from the body, prevents headaches, increases hunger, increases energy, speeds up your metabolism, helps in reducing weight, improves your skin, among other health benefits.
5. A well-**balanced diet** provides you with energy and the nutrients you need for growth and repair, helping you to stay strong and *healthy*.



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6. During this quarantine period, whether you have a creative outlet or not, now is the time to nurture one. **Hobbies** can lessen stress and anxiety, and some can even boost your career, but most of all fun to share with family. Here are a few ideas:
 - a) Reading
 - b) Writing (Novel, Poems, etc.)
 - c) Yoga
 - d) Gardening
 - e) Cooking
 - f) Dancing
 - g) Learn a new language
 - h) Play an instrument
 - i) Blogging
 - j) Chess
 - k) Puzzles and other Word Games
 - l) Board games
 - m) Watch Movies
7. Review all of your **Insurance Policies** to ensure you have adequate coverage to cover your health and wellness.
8. Ensure your **financial plan** includes insurance for your loans, life Savings and Death benefits. Your Credit Union can help with Corp-EFF Insurance suite of products.
9. Remember always to **wear a mask** when going out, wash your hands regularly. If water is not readily available, use a hand sanitizer, and follow the guidelines of your Ministry of health.

References

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