

# Social WELLNESS

Improve overall health with socially-distanced activities

LiveWELL

March 2021



Take charge of your health and put yourself on the path to wellness. Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Social health looks different today in a world that is living through a global pandemic. The need to practice social distancing challenges us to be creative in how we take care of our social health. The pandemic has shed light on the impact social health has on our overall health, especially mental and emotional health. We hope this newsletter gives you new ideas to stay social while staying safe.



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Stay connected while practicing social distancing

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Adaptability is a word many of us have applied in the last year to keep ourselves and our families healthy. Even the ways we would normally interact and connect with others has changed.

Keep finding ways to stay connected with others digitally and virtually to stay healthy and well. See some creative ideas below:

## Virtual game night

Invite your family, friends, and/or coworkers to a virtual game night using a video and social gathering app called Houseparty. With apps like this one, you can choose from games like trivia or charades. It's a great way to stay connected and have fun!

## Virtual movie night

Going to the movies has become an activity of the past. While it is unsafe to go see a movie at a theatre, Netflix has made a way for people to host virtual movie nights with their additional plugin via Teleparty on platforms that include Netflix, Disney, Hulu, and HBO. This extension of Netflix allows people to host a watch party and includes a chat feature where you can comment, add GIFs, and add emojis.

## Start a virtual book club

With more time at home, you can get back to reading the books you have been wanting to read or find some new ones. If you are someone who enjoys reading, consider starting a virtual book club where you can have conversations about books with like-minded people from around the world.

## Join online support groups

Adapting to being physically disconnected has been a challenge for many people. There are plenty of online forums and support groups that are available to help anyone who is struggling or looking to connect with others on specific topics. Check out Headspace, a resource for young people to connect with mental health professionals about various topics.

Information derived from [openminds.org](https://openminds.org)



**"Having frequent social interactions is important for your mental health and happiness."**

Source: [openminds.org](https://openminds.org)



# EatWELL

A delicious yogurt bowl in less than 15 minutes

## HEALTHY VEGAN VANILLA GRANOLA BOWL (GLUTEN-FREE AND REFINED SUGAR-FREE)

Recipe and photo adapted from the recipe blog at [astepfullofyoublog.com](http://astepfullofyoublog.com)

### INGREDIENTS:

- 1 cup plant-based vegan yogurt of choice (plain oat milk yogurt used here)
- 1/3-1/2 c granola of choice (homemade granola recipe provided below)

### GRANOLA INGREDIENTS:

- 2 cups gluten-free rolled oatmeal (make sure not to use instant oatmeal)
- 1/3 cup + 1 tsp maple syrup
- 1 1/4 tsp cinnamon
- 1 tbsp vanilla extract
- 1/4 cup raw, unsalted almonds, chopped
- 2 tbsp coconut oil
- strawberries (or any other fruits you prefer)



### DIRECTIONS:

1. Begin with making the granola if you are using the homemade option.
2. To make the granola, preheat the oven to 325 degrees F. Line a baking sheet with parchment paper.
3. Combine the maple syrup with coconut oil in a bowl.
4. Add the remaining ingredients together into a large bowl and mix. Add in the maple syrup mixture and combine. Make sure all the oatmeal is evenly coated.
5. Spread into the baking pan and bake for 5-6 minutes. Once ready, gently flip the granola and bake for another 3-4 minutes. Remove from the oven and let cool.
6. Assemble the yogurt bowl! Add yogurt into a bowl. Top with some granola and strawberries. Serve and enjoy!



# PlayWELL

Get creative with movement at home

Many people have created their at-home gyms throughout the pandemic to replace visiting a fitness center. However, having a gym is not required to get your body moving and to keep you healthy. See some of the tips below to get moving from home:

### Just keep walking

Walking is such a simple way to get up and get moving. According to a 2011 study, the recommended amount of steps to walk per day are between 4,000 to 10,000 steps a day. To help meet this goal, try setting a timer a few times a day to remind you to get your steps in.

### Find a furry friend

If this quarantine has inspired you to get a dog, you should! Dogs need physical movement for their health and wellbeing as much as we do. So, whether it is running around the yard with them, taking them for walks, or running away from them, having a dog is a great way to stay active.

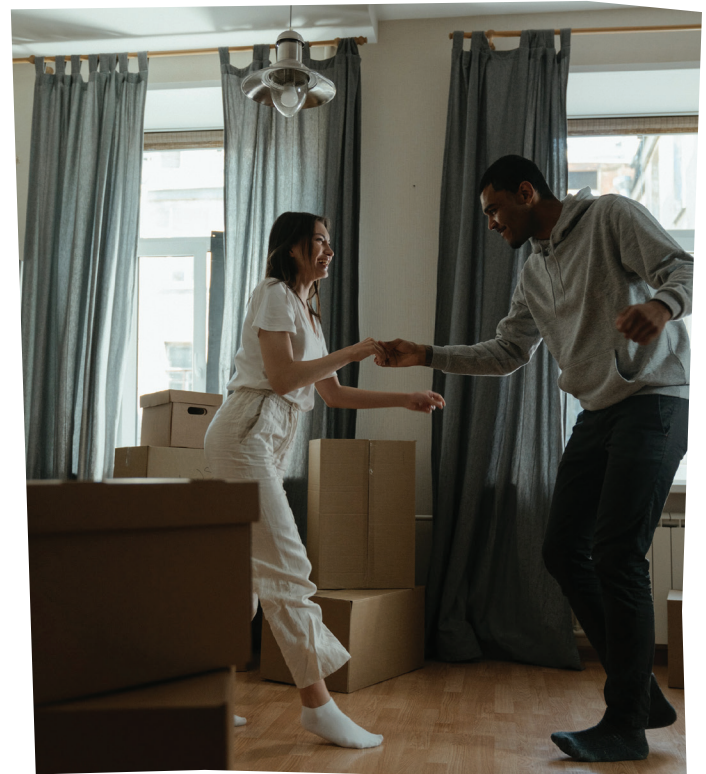
### Laundry Workout

Laundry will always be there for you so why not make that time more productive by turning it into a workout. If you have a top loader washer, place your laundry basket on the floor and squat down to pick up an item and back up to put it in the washer. If you have a front loader machine, put the basket on top of the washer and do a squat every time you take out an item from the basket to put in the machine. And finally, instead of sitting while folding your laundry, try standing.

### Lunch and Lunge

If your workday is packed and busy, use your lunch hour to squeeze in some workout exercises like lunges, squats, sit-ups, push-ups, or a quick walk outside.

Information adapted from [greatist.com](http://greatist.com)





## COVID-19 Vaccines in the Workplace

Zoom Video Conference  
Wednesday,  
March 3, 2021  
11 a.m. – 12 p.m.

**Register Today!**

Is your business ready for a safe return to work? Register today to hear about vaccine protocols and keeping your employees healthy and safe at the upcoming WorkWELL webinar.

Wellness AtoZ has been hosting monthly webinars: WorkWELL Webinars, PlayWell Webinars, and Spanish TrabajarBien Webinars. Please feel free to revisit any of our previous webinars and share them with your team, your networks, and the community. If you share them on social media, don't forget to tag us @GoWellnessAtoZ!

## Healthy AZ Pledge

The Healthy AZ Pledge encourages the community and businesses to follow local, state, and federal safety measures designed to slow and stop the spread of COVID-19, restoring the health and vitality of our community and our economy. Join us in helping keep Arizona healthy by taking the #HealthyAZPledge. It takes less than 2 minutes to be a part of the change. Take the #HealthyAZPledge today!



## WELL Community A message for our healthcare heroes



## HEALTH HERO HOTLINE

Throughout the pandemic, our healthcare heroes have been at the front lines to take care of those impacted by COVID-19 as well as those who have other illnesses or injuries, risking their wellbeing to help their communities. Now there is a way to say thank you and brighten their day with the Health Hero Hotline. You can call to share your message of gratitude and appreciation! If you'd like to hear heart-warming messages that people have sent from all over, visit [healthherohotline.com](http://healthherohotline.com) and you will truly be moved and inspired to do the same.

VIVIR BIEN

LIVWELL NEWSLETTER EN ESPAÑOL  
CLICK HERE!