HERE’S TO 2021, A NEW YEAR!

Cheers to 2021. Is it a new year with the same pandemic? It sure is. However, with the new year comes another opportunity to reset our intentions, versus making resolutions, and refresh our thoughts around moving through difficult times with our minds and bodies intact.

Have you found that you’ve cut back on taking care of yourself? Have you found that your pandemic routines, the 3 W’s, have become more lax? Did you begin the pandemic exercising to stay fit and tend to your mental health, but have seen that come to a screeching halt? With the ringing in of 2021, we hope that you will press reset, that you will start to reclaim the routines you once enjoyed or continue only those that feed your soul in a nourishing way.

We like how this article thinks about resetting your intentions in the new year and mid-pandemic: by asking yourself the following questions. What do you want to take with you when this is all over? What are some aspirational goals that you could set for yourself? What new habit have you wanted to get into for a while now? How can you invest in yourself?

Know that we are feeling the same pandemic fatigue that you are; you are not alone! We are here and ready to provide behavioral health and nutrition counseling services (currently at no cost) to assist you in reframing your intentions for 2021. Please email healthierlives@ecu.edu to set up an appointment at your convenience. We look forward to meeting with you!

- The Discover Wellness Team

If you are feeling overwhelmed with emotions such as sadness, depression, and anxiety, you can contact the Hope4NC Helpline (1-855-587-3463) to be connected to mental health and resilience support.

Need an easy weeknight dinner? We’ve got you covered with these sheet pan chicken recipes. Swap in your favorite veggies and you are good to go!

Take some time to enjoy the virtual view. Visit these aquariums virtually, free, and they’re great for kids: Georgia Aquarium, Seattle Aquarium, or Monterey Bay Aquarium

Sink into a great book this season and find your next special read from one of these book club lists: Reese Witherspoon Book Club, Read with Jenna Bush Hager, Oprah’s Book Club

For up-to-date information about COVID-19 in North Carolina, visit COVID-19 Information Hub.

For more information on who can receive the vaccine and where the vaccine is administered, visit Find Your Spot to Take Your Shot.
FOR YOUR MIND

Mindfulness in the Media

Now more than ever, we could all benefit from a few moments of peace, quiet, and calm. Mindfulness is a therapeutic tool to help manage feelings of uncertainty, fear, stress, and anxiety by teaching yourself to remain focused in the present moment rather than worrying about the past or future.

You can practice this exercise for **free** and in the **comfort of your own home**. Below are a few popular platforms where you can learn more about this technique! The best part about the examples below are that they can be enjoyed alone or become an activity for the entire family! Set a daily reminder on your phone and prioritize taking care of yourself.

How to: Find Mindfulness in Media

**Disney+**: Zenimation, a Disney+ series, which pays tribute to the visual and sound artists who have created Walt Disney Animation Studios’ legacy of films. Each episode contains a montage of clips and sequences focusing on the sounds and visuals from animated Disney movies with no dialogue. The series has been described as Disney’s answer to ASMR channels on YouTube.

**Netflix**: Headspace Guide to Meditation, a Netflix series, has eight episodes of an animated series about storytelling, education, and actual meditation, each narrated by Andy Puddicombe (co-founder of the Headspace app) and running about 20 minutes in length.

**Hulu**: Stop, Breathe, & Think Kids: Mindful Games, a Hulu series, has games that are easy, fun, and promote mindfulness. The series helps discover superpowers of curiosity, focus, and calm through mindfulness games for the whole family. From the creators of the award-winning app Stop, Breathe & Think and Stop, Breathe & Think Kids.

**YouTube**: There are endless free mindfulness/meditation videos on YouTube. Search key words such as **guided meditation**, **mindfulness exercise**, **or guided imagery** or try these popular channels: Headspace, Michael Sealey Meditation, Jason Stephenson Sleep Meditation Music, or Sadhguru.

FOR YOUR NOURISHMENT

Eat foods that nourish you both physically and mentally.

Especially during these times, when you may be feeling overwhelmed or stressed due to the pandemic, eat foods that will help support you physically and mentally. The quote, “let food be thy medicine and medicine be thy food” implies just that, keeping in mind that we are not advising you to stop any medications without discussing further with your physician. When we pick foods that help support the functioning of our body and brain, we ultimately feel better. Our mood may be better. Our energy is higher. We may be able to better handle the multiple plates we are spinning at one time!

Choose foods that will help sustain you throughout your day, foods that make you feel good and not sluggish, foods that warm the soul. Whether these foods are homemade chili, Grandma’s chicken pot pie, or fresh fruits and vegetables to snack on, these food choices should aim to fuel you well.

When thinking about which foods will nourish you both physically and mentally, look for items with few ingredients and ones that you recognize. Choose more fruits and vegetables, either canned, frozen, or fresh. Choose a variety of protein foods, including Greek yogurt, fish, nut butters, beans, lean beef, or skinless poultry. Lastly, make sure you are drinking plenty of water!
FOR YOUR BODY

The power of 20 minutes.

With the new year comes the tug to make resolutions. New Year’s resolutions can feel overwhelming in a “normal” year and even more so during a year of an ongoing pandemic. Instead of creating resolutions intended to overhaul areas of your life such as cutting out food groups or beginning advanced exercise regimens, strive toward achieving a small simple goal daily.

Can you carve out 20 minutes daily just for yourself? This 20 minutes can be broken down into 10-minute increments or all at once. Some examples: 10 minutes in the morning and at night dedicated to reading, meditating, skincare, listening to music, or stretching; 20 minutes of high intensity interval training, walking outdoors, napping, coloring, or knitting.

The key is to find an activity that is just for you, that rejuvenates you, and prepares you for the rest of your day. You matter!

HOW TO: Maximize Our Services

We are here for you and your students! Our licensed and experienced healthcare professionals are available to provide YOU and STUDENTS acute minor medical, behavioral, and nutrition care. We try to be as flexible as possible and are ready and prepared to meet with you whether you are at school or working from home, via a safe and secure online network.

Behavioral Health can be helpful in addressing behavioral changes, self-esteem, conflict resolution, bullying, increased worry, and other emotional health needs.

Nutrition Counseling and Education can be helpful in addressing weight management, healthy eating, physical activity, and other nutritional needs such as diabetes management.

Acute Medical Care can be helpful in evaluating ear infections, sore throats, stomach aches, and other minor medical needs.

*At this time, you will not be charged for behavioral health and nutrition education services.

If you would like to self-refer or refer a student, simply fill out the referral form on the last page and email to healthierlives@ecu.edu.

HIGHLIGHTS

» Have you heard the great news? Beginning in February 2021, we will be providing our services to JONES COUNTY PUBLIC SCHOOLS. We are excited about this new partnership and opportunity to deliver quality care to the staff, faculty, and students of Jones County.

» Our program has recently been highlighted by EdNC, as well as the ECU News Services. Check out our news stories!

» Here’s a tip: Many of the underlined and colorful words or phrases throughout the newsletter are links to websites! Simply click these words/phrases and you’ll be taken directly to the site!

» Even among the challenges of moving from face-to-face instruction to virtual instruction and back again, our providers have been able to complete a total of 348 encounters!
Healthier Lives at School and Beyond
Telemedicine Referral Request Form

Jill Jennings, MS, RDN, LDN | Project Manager | Phone (252) 744-2607 | Fax (252) 744-0487

School District: _____________________ School: _____________________

Student’s Name: _____________________ Date of Birth: _____________________

Age: _____ Grade: _____ Sex: _____ Preferred Language: _____________________

Student’s Teacher: _____________________ Teacher’s Email Address _____________________

Week A/1 or B/2: _______________ Student’s Resource Time(s): _____________________

Your Name & Relation to Student: _____________________

Referral for:  □ Behavioral Health** □ Nutrition

Reason for Referral: _____________________

<table>
<thead>
<tr>
<th>Physical Health Concerns</th>
<th>Behavioral Concerns</th>
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<tbody>
<tr>
<td>□ Overweight/Obesity</td>
<td>□ Exposed to violence, other trauma; specify:</td>
</tr>
<tr>
<td>□ Hypertension</td>
<td>□ Sad, depressed, irritable mood</td>
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<tr>
<td>□ Diabetes: (circle) Type 1 / Type 2</td>
<td>□ Low or decreased motivation</td>
</tr>
<tr>
<td>□ Body Image</td>
<td>□ Nightmares, intrusive thoughts</td>
</tr>
<tr>
<td>□ Eating behavior concerns</td>
<td>□ Anxious, fearful, or irritable mood</td>
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<tr>
<td>□ Other: _____________________</td>
<td>□ Jumpy or easily startled</td>
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<tr>
<td>Please provide the following:</td>
<td>□ Sexualized play or behaviors</td>
</tr>
<tr>
<td>• Height: __________</td>
<td>□ Difficulty concentrating</td>
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<tr>
<td>• Weight: __________</td>
<td>□ Talks excessively</td>
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<tr>
<td>• BP: ______ / __________</td>
<td>□ Inattentive, distractable, forgetful</td>
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<tr>
<td>• BMI: ______________</td>
<td>□ Disorganized, makes careless mistakes</td>
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<tr>
<td>**If student is currently receiving or has received mental health services within the community, please indicate the name of agency, clinician, and dates of service:</td>
<td>□ Anger, fighting, or defiant</td>
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<tr>
<td>□ Other: _____________________</td>
<td>□ Family conflict / Separation</td>
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<td>**If student is currently receiving or has received mental health services within the community, please indicate the name of agency, clinician, and dates of service:</td>
<td>□ Other: _____________________</td>
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