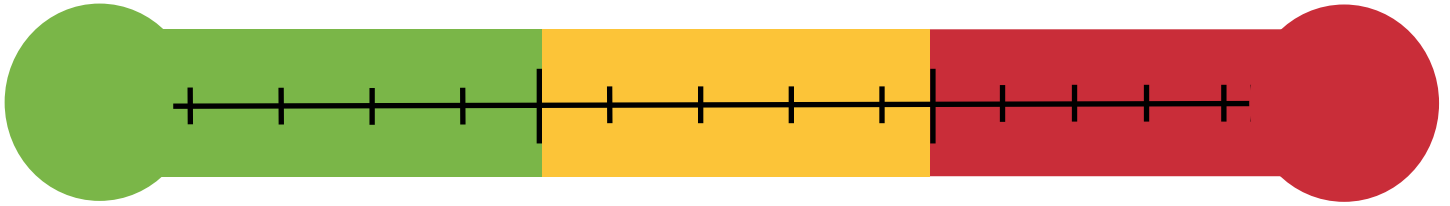


Weekly Check-In



Think back to the **Well-Being Thermometer**. Are you in the **Green zone**, **Yellow zone**, or **Red zone**? What can you do to stay in the green zone or move towards the green zone?

Think back to last week's homework activity:

What went well?

What was challenging? What have you learned *about yourself* that will help you to manage these challenges in the future?

Session 3

Taking Care of Our Physical Well-Being

Taking care of our physical well-being can be broken into three important components:



Fuel

It's important to consider our daily nutrition to make sure that we are providing our bodies the fuel it needs to keep us healthy.



Move

Physical activity is an important part of health and well-being. It's not just about exercise, it's also about finding ways to move more!



Rest

Sleep is an essential factor for emotional and physical well-being. It provides our mind and body the opportunity to replenish and repair.

Why is it important to focus on our physical health and well-being during COVID-19?

We often think of our mental and physical well-being as separate, but they are actually very closely linked. Our physical well-being can impact our mental well-being and vice versa. In addition, COVID-19 may have resulted in changes to our daily eating, activity, and sleep patterns. It is important to find ways to **fuel**, **move**, and **rest** our bodies during this time so that we take care of our mental and physical health.

Fuel: Nutrition



During COVID-19 you may have experienced a disruption to your typical eating habits. A common reaction to stress is a change in appetite. Some people notice an increase in appetite, while others notice a loss of appetite. In either case, the result is not providing our bodies with the fuel it needs in the quantity it needs. It is important to reflect on whether or not you have experienced any changes to your eating patterns. If you have noticed a change, you can start to make new changes that focus on fueling your body and providing it what it needs.

Think back to your eating habits over the past week. Have you experienced a change in your eating habits since COVID-19?

What are some things you would like to change about your nutrition in the short-term or long-term?

Eat Better feel Better

Fuel: Introducing QQF

When making changes to nutrition, focus on changes that are **relative to your baseline** and can be **sustained**. No matter what changes you choose to make to your nutrition, it's important to consider the following:

1. Avoid labelling food as "good" or "bad." Instead focus on areas you may want to see change.
2. Identify your "non-negotiable" foods. These are food that you do not want to make changes to right now. If you have a favourite treat and you do not want to change it - don't!
3. Use the QQF method to make healthier choices by adjusting the **QUALITY, QUANTITY, or FREQUENCY** of your meals and snacks.

THE QQF APPROACH

The QQF approach can be used to improve your daily nutritional intake and to help manage any disruptions to your nutrition during COVID-19.

Q

You could change the **QUALITY** of the food you're having. For example, you could replace white bread with whole grain bread.

Q

You could change the **QUANTITY** of the food you are eating. You could have one cookie instead of two cookies. You could also increase the quantity of healthy foods you are consuming (e.g., have two vegetables instead of one).

F

If you are having three coffees with cream and sugar a day, you could change the **FREQUENCY** by moving to two coffees per day. If you notice that you are not eating regular meals, you could increase the number of meals you eat each day to be more consistent.

Fuel: Practicing QQF



If you are looking to make some small changes to your nutrition, use the spaces below to brain storm different **quality**, **quantity**, and **frequency** changes you can make.

What is one **quality** change you could make to your food?

What is one **quantity** change you could make to your food?

What is one **frequency** change you could make to your food?

Fuel: Nutrition Monitoring

Food Monitoring

One way to make sure that your nutrition goals are relative and sustainable is by monitoring what your typical daily nutrition patterns look like right now. Food monitoring can give you a better picture of what you typically consume in a given day. With that understanding, the changes you select can be based off of what you are already doing, instead of a prescribed program. Ideally, monitoring daily for one week gives the best overall picture, but this is not always feasible. Try to monitor for 1 to 7 days this week to figure out what your baseline nutrition patterns are. Then you can start to make changes as discussed on the next page.

A Note on Monitoring

The purpose of monitoring is to get a better understanding of your daily patterns. This does not mean that you have to record the caloric information of your food. Monitoring is not for everyone - if you do not want to monitor your nutrition, or you think it might be harmful, feel free to skip this exercise!



How to Monitor

Writing down what you have eaten each day using pen and paper. You can also use an app on your phone to record your daily nutritional intake.

Move: Physical Activity

Physical activity and exercise are important for preventing disease and illness. They are also effective at increasing and fostering well-being. You've probably heard that we are supposed to do 30 minutes of physical activity or exercise each day. However, even modest increases in physical activity or exercise will benefit our overall well-being.

Physical Activity is any body movement that uses energy. It includes any body movement that leads to burning more calories than your body naturally would at rest.

Here are some ways you can increase your physical activity:



- Walking (at work or home)
- Speed walking
- Bicycling (outside or inside)
- Swimming
- Dancing
- Climbing stairs
- Doing house or yard work

Exercise is a type of physical activity. Exercise is often planned, structured, and purposeful movement that is intended to improve or maintain physical fitness (e.g., going to the gym)



Move: Increasing Physical Activity

During COVID-19, you may have lost access to many activities that helped keep you physically active (e.g., the gym, yoga classes). However, it is still important to find ways to keep active. Instead of focusing on exercise, try to think about ways that you can increase your daily step count or activities. One helpful mantra to keep in mind is "A step, is a step, is a step!" Whether it is walking around the house or walking around the block, a step is a step! It does not matter when or how you move, just so long as you are moving.

What You Can Do	Steps
Go for a 5-minute walk.	About 500
Walk around your house during TV commercials.	About 250
Walk in place for 2 minutes while talking on the phone.	About 200
Park your car in the back of the parking lot while shopping and walk to the store.	About 150



Is there a "gold-standard" step count that everyone should strive for each day? No! It is about making small changes relative to your baseline patterns. Any *additional* physical activity will result in weight loss and improve your overall health.

Move: Increasing Physical Activity

Just like with nutrition, it can be helpful to monitor your daily steps with a pedometer, Fitbit, or an app on a smartphone. If you track your daily steps, use that information to answer the following questions. If you don't track your steps, reflect on a typical week for you and answer the questions as best you can.

Let's consider your daily step patterns:

- 1. What part of my day do I get the most steps?
- 2. What part of my day do I get the fewest steps?
- 3. How can I get more steps into this part of my day?

Brainstorm ways you could take more steps in your daily routine:

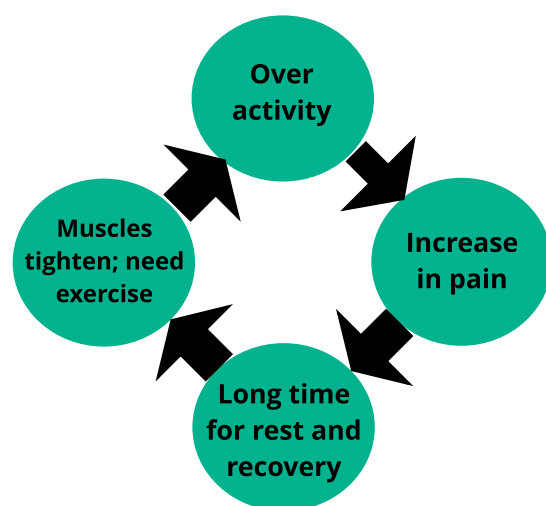
What are some challenges you might face while trying to increase your steps?

How can you address these challenges?

Move: Pain & The Activity Cycle

Pain is often a big barrier to physical activity. However, increasing your activity is still an important part of taking care of your physical and mental well-being. If you are experiencing pain, you should first talk to your physician to determine appropriate ways of increasing your physical activity. Then, consider using activity pacing.

The pain cycle is a common pattern for many. This cycle occurs when an individual with pain increases their physical activity until the person is in too much pain or is too tired to continue. However, at that point, the person has generally overexerted himself/herself, causing an increase in pain and longer recovery time, during which their muscles begin to tighten.



When the person again feels well enough to increase his/her physical activity, the cycle happens again because they have been unable to stay active regularly. When you practice activity pacing you prevent this pattern from happening by reducing your initial exertion so that you do not “overdo it.” You are then able to engage in activity every day consistently without having to take so much time for rest and recovery.

Try This...

1. Consider how much time you can do an activity before you feel pain.
2. Cut this time down by a 25% to 50%. This will be your new target time. Even if you are not yet feeling pain, stop at your target time.
3. Do this every day. Because you have not “overdone it,” you will not need days to recover. In turn, you will build up your strength, flexibility, and endurance and you will be able to gradually build up your target time.

Rest: The Importance of Sleep

During COVID-19, you may find that your sleep has changed. Perhaps your sleep schedule has altered, you are sleeping more or less, or you are napping during the day if you are at home more. Regardless of the changes, there are four most common ways individuals struggle with their sleep:

1. Difficulty falling asleep
2. Problems staying asleep (frequent waking)
3. Early morning awakening
4. Sleeping for approximately 8 hours, but waking feeling unrefreshed

Take a moment to reflect on any sleep difficulties you may be experiencing (either before or during COVID-19).



Sleep is critical for our physical and mental health. During sleep, our mind and body have the opportunity to replenish and relax. Sleep helps to regulate our regular bodily functions such as our cardiovascular functioning, digestion, consolidation of memories, and our mood. When we are not sleeping well or enough, we may notice difficulties with concentration and memory, increased irritability, decreased patience, increased sensitivity to pain, decreased ability to cope with stress and problem-solve, fatigue, and much more.

Rest: Understanding Our Sleep Patterns

Similar to nutrition and physical activity, it can be difficult to make changes, or know if we want to make changes, if we don't take some time to understand our current sleep patterns.

Let's take a moment to reflect on your sleep patterns:

What time do you normally go to sleep and wake up?

Do you wake up during the night? If so, how long are you up? How long does it take to go back to bed?

What is your bedtime routine?

What is your sleep environment like (i.e., is there a TV in the room, are the lights normally off, is it noisy)?

Do you take naps during the day? For how long? What time of day?

How would you describe your sleep?

On a scale of 0-10 (0 being awful and 10 being fantastic) rate your sleep:

0 1 2 3 4 5 6 7 8 9 10

Rest: Factors That Affect Sleep

While we may be aware of the *consequences* of poor sleep, we may be less aware of several of the *contributing* factors to poor sleep. Check off any of the following boxes that may be negatively impacting your sleep! Add to the list if there are other factors that you notice.

- Difficulty relaxing
- Muscle tension or pain
- Active/worrying mind
- Depressed mood
- Negative thoughts of the past
- Worrying about the future
- Negative thoughts of sleep
- Not feeling tired
- Noisy environment
- Watching TV while in bed
- Doing other activities in bed
- Feeling too full
- Feeling hungry
- Your bedroom is too light
- Feeling energized from doing an evening at home work out
- Poor sleep habits
- Lack of sleep routine
- Emotionally overwhelmed
- Using substances before bed
- _____
- _____
- _____

Rest: Helpful Sleep Strategies

Sleep hygiene refers to good sleeping habits that allow you to maximize your sleep. While COVID-19 may have interrupted your regular sleep cycle and increased feelings of stress, there are many simple strategies that can be helpful to move you towards better, restful sleep.

Try to establish a regular sleep routine (i.e., going to bed and waking up at roughly the same time each day - including weekends!).

- Even if you did not sleep well the night before, try to wake up at the same time. Often, we try to sleep in to make up for lost sleep, however, this will further disrupt your sleeping pattern.
- Establish a bedtime routine that you do every night at the same time. During this routine, your body will begin to recognize that you will be sleeping soon and will release the required hormones to signal your sleep cycle to begin.
- Your bed is for sleeping and intimacy only. Avoid eating, watching TV, or working in bed. This causes you to associate your bed with things other than sleep.
- If you can't fall asleep within 20-minutes (either first going to bed, or after waking in the middle of the night), get up and out of bed and try again later; lying awake will only further associate bed with wakefulness. Do something relaxing (trying to avoid bright lights or stimulation), and as soon as you get sleepy, return to your bed.

sleep more

Rest: Helpful Sleep Strategies

- Avoid caffeine after noon; try decaf or herbal teas instead.
- Minimize thinking or planning in bed. If a worry pops in your head, jot it down on a notepad by your bed and worry about it the next day instead of stressing about it when it's time for sleeping.
- Practice a short relaxation exercise before bed. Try and calm your mind and body before going to bed.
- Try to avoid taking naps throughout the day. Naps interfere with our regular sleep cycle. If a nap is necessary, try keeping it to less than one hour and before 2:00 pm.
- Exercise in the early afternoon. This will allow you to let out some energy without keeping you stirred up at night.
- Don't watch the clock! This can increase stress and keep you awake.
- Avoid using alcohol as a way to induce sleep; this may lead to problematic alcohol use . Also, while alcohol may put you to sleep initially, it also often causes wakefulness later in the night.

List 2-3 strategies you can use next time you struggle to sleep:

1. _____
2. _____
3. _____

Putting It Into Practice

Taking care of your physical well-being

Pick three areas of physical well-being to focus on – they can all be from the same domain or from different domains (e.g., fuel, move, or rest). Pick an activity that will work to improve this aspect of physical well-being. With each activity, reflect on how focusing on this area of physical well-being impacts your mental well-being.



Goal #1

Domain: _____

What will I do: _____

Where will I do it: _____

When will I do it: _____

How will I do it: _____

Who will help me with it: _____

Putting It Into Practice

Goal #2

Domain: _____

What will I do: _____

Where will I do it: _____

When will I do it: _____

How will I do it: _____

Who will help me with it: _____

Goal #3

Domain: _____

What will I do: _____

Where will I do it: _____

When will I do it: _____

How will I do it: _____

Who will help me with it: _____