


Virtual Happy Hour & Wellness Q & A

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Agenda

Introduction

How Do You Choose to Be During COVID-19?

What I Am Doing to Take Care of Myself

Address Your Concerns, Challenges, and Questions

What Are the Positive Takeaways?

How Can I Help?

What's Your Biggest Takeaway?

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Introductions

► Lets Quickly Introduce Ourselves

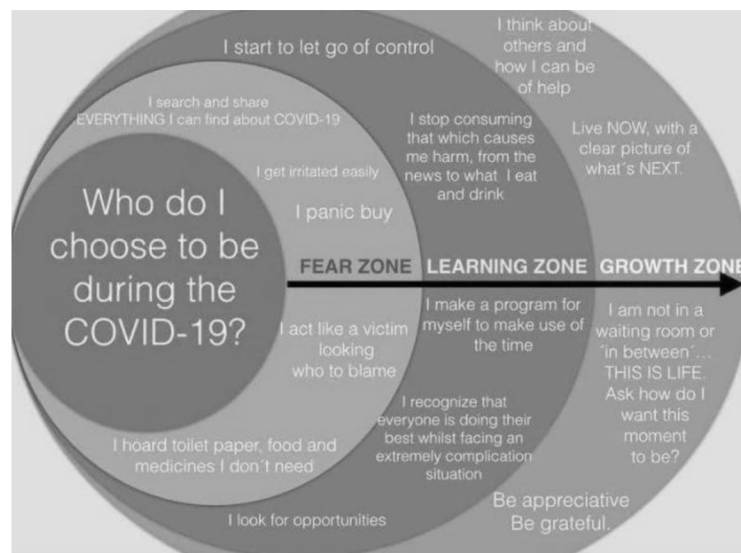
- Who are you and where are you from?
- Why are you here?
- What are you hoping to gain?
- What are you drinking?

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Who Do You Choose to Be During COVID-19?

- Many of us will find ourselves in one of these states of mind or phases

- Fear Zone
- Learning Zone
- Growth Zone

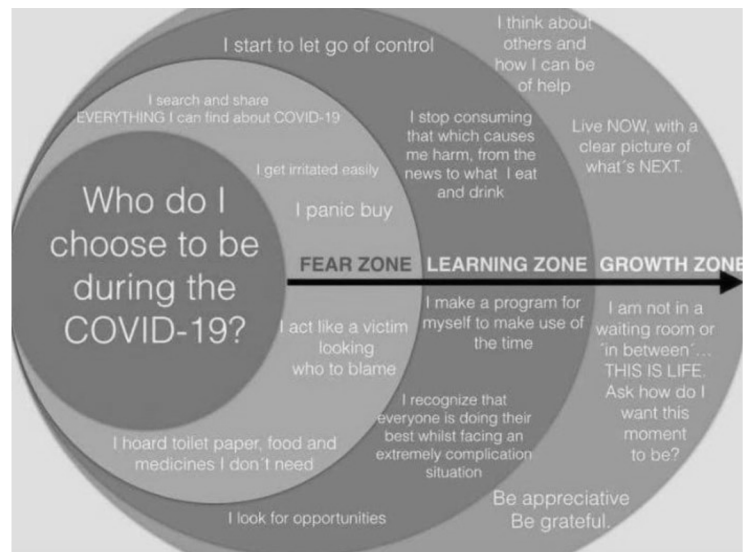


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Who Do You Choose to Be During COVID-19?

► Fear Zone

- Uncertainty
- Blaming
- Fear, Anxiety, Panic
- Hoarding

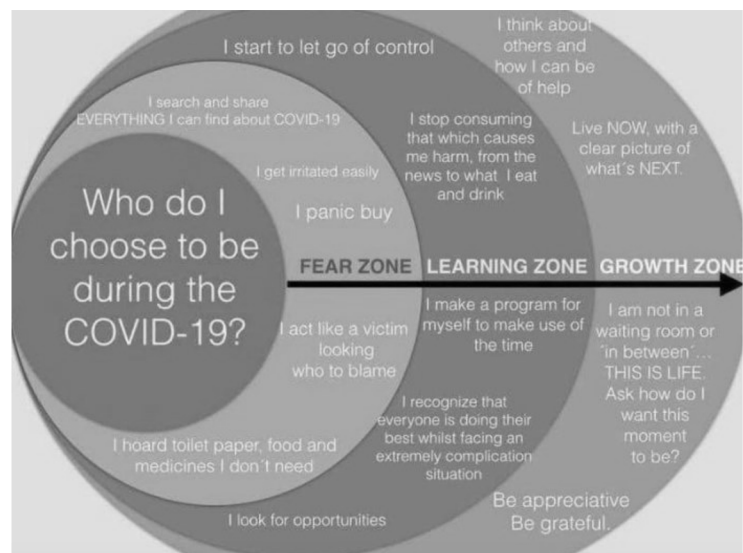


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Who Do You Choose to Be During COVID-19?

► Learning Zone

- Letting Go
- Awareness
- Understanding
- Clarity
- Focus

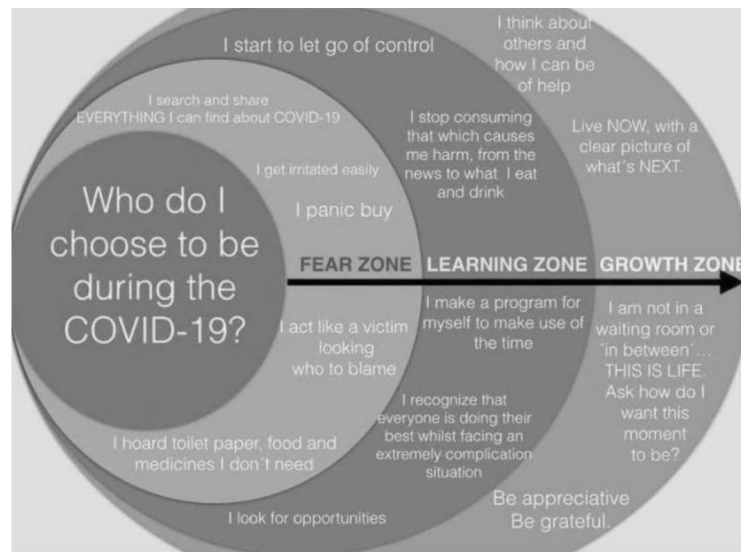


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Who Do You Choose to Be During COVID-19?

► Growth Zone

- Mindfulness
- Living in the NOW
- Service to Others
- Gratitude
- Appreciative of the Gifts



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Where State or Phase Are You In?

Who Do You Choose to Be During COVID-19?

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What I Am Doing to ~~Optimize~~ Maintain My Health and Well-Being

- ▶ **Focus on 5 Aspects**
 - ▶ Daily Exercise
 - ▶ Eating Right
 - ▶ Taking Supplements
 - ▶ Restful Sleep
 - ▶ Positive Mindset
- ▶ **Finding Joy In What I Love**
 - ▶ Spending Time with Family'
 - ▶ Reconnecting with Friends & Family
 - ▶ Cooking, Gardening, Spending Time Outdoors



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Question & Answer



WHAT ARE YOUR CONCERNS?



WHAT CHALLENGES ARE YOU HAVING?



WHAT QUESTIONS DO YOU HAVE?

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Positive Takeaways

- ▶ Get In a Routine
- ▶ Get Dressed
- ▶ Get Out Daily for at Least 30 Minutes
- ▶ Stay Connected- Reach Out to Others Daily
- ▶ Eat Healthy & Hydrate
- ▶ Exercise Daily
- ▶ Create a Self-Care Tool Kit
- ▶ Interact with Children or Animals
- ▶ Give Everyone the Benefit of the Doubt
- ▶ Stay Connected
- ▶ Practice Mindfulness & Gratitude
- ▶ Journal

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What Positive Things Have Changed In Your Life?

Positive Takeaways

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Ways I Can Help?

- Online Discovery Sessions- Free
- Telehealth Sessions- 30-min and 60-min sessions
- Webinars or Online Classes (home exercises, breathing, self-management strategies, ergonomics)
- Get Lean During Quarantine or Stay Lean During Quarantine
 - 30-Day Jump Start Program Starting week of April 13th
 - My friend Nancy (who was USDA's Program Leader for Nutrition for the US) is doing a **Healthy At Home Zoom Call on Wed @ 8 pm** with tips for staying on track
- Videos & Blogs

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What is Your Biggest
Takeaway?



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