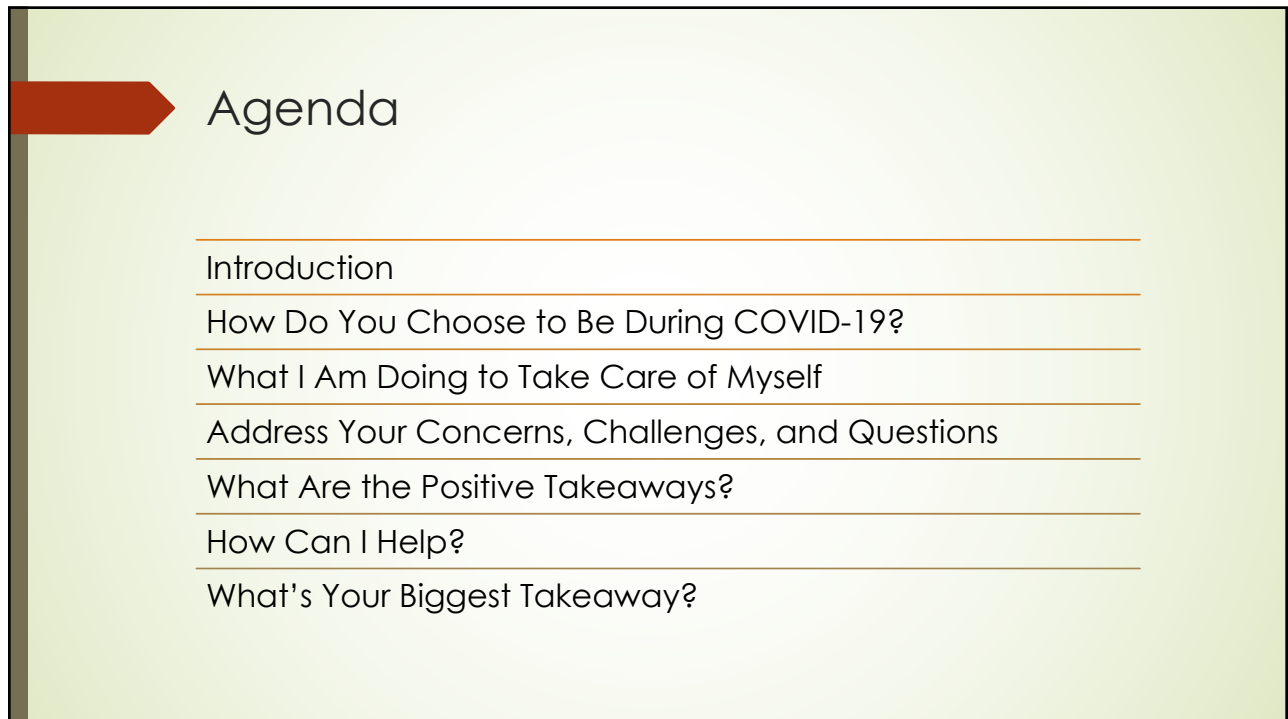




Virtual Happy Hour & Wellness Q & A

Dr. Tamer Issa, PT, DPT
Issa Physical Therapy & Wellness

1



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?

2

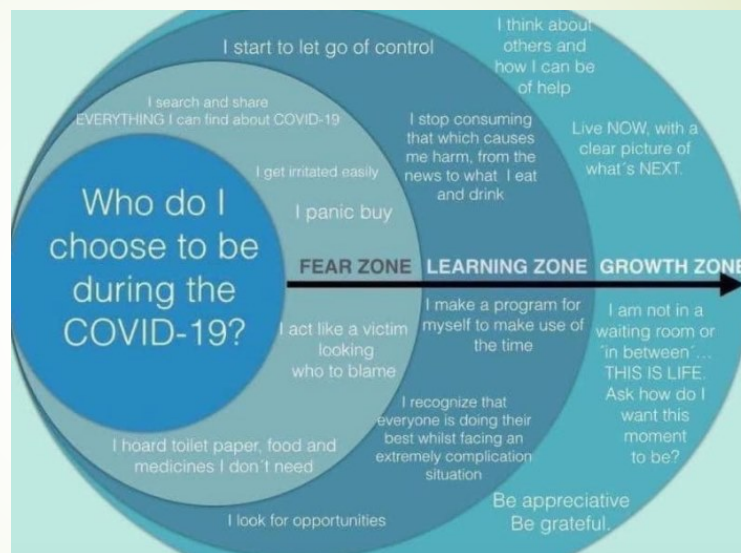
Introductions

- ▶ 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?

3

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



4

Who Do You Choose to Be During COVID-19?

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

5

Who Do You Choose to Be During COVID-19?

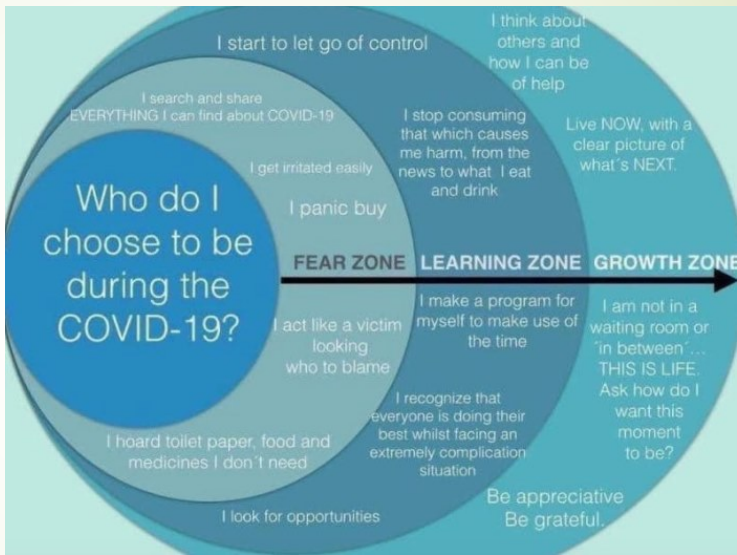
- Learning Zone
 - Letting Go
 - Awareness
 - Understanding
 - Clarity
 - Focus

6

Who Do You Choose to Be During COVID-19?

► Growth Zone

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



7

Where State or Phase Are You In?

Who Do You Choose to Be During COVID-19?

8

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



9

Question & Answer



WHAT ARE YOUR CONCERNS?



WHAT CHALLENGES ARE YOU HAVING?



WHAT QUESTIONS DO YOU HAVE?

10

Positive Takeaways

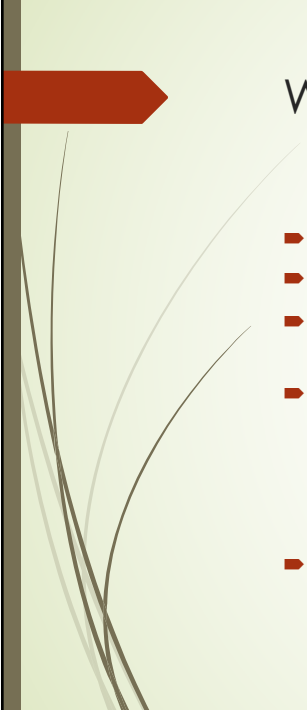
- Get In a Routine
- Get Dressed
- Get Out Daily for at Least 30 Minutes
- Stay Connected- Reach Out to Others Daily
- Eat Healthy & Hydrate
- Exercise Daily
- Create a Self-Care Tool Kit
- Interact with Children or Animals
- Give Everyone the Benefit of the Doubt
- Stay Connected
- Practice Mindfulness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

11

What Positive Things Have Changed In Your Life?

Positive Takeaways

12



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

13



What is Your Biggest Takeaway?



14

