Hello Tucson Unified. It’s Health From Home. Your Wellness Coaches are here to help you navigate this “work from home” moment we are living in. Health coaching is available via phone, email and Zoom. Let us know how we can help.

NEED TO TALK TO SOMEONE?

Jorgensen Brooks, the Tucson Unified Employee Assistance Program, offers telephone and virtual, online chat at any time:

www.jorgensenbrooks.com
(Toll free) 1-888-520-5400
(Tucson) 520-575-8623

COVID-19 UPDATES


www.cdc.gov

LAPTOP ERGONOMICS

1. Get the laptop off the lap. Elevate your screen height with books. Your eyes should naturally focus on the top third of the screen.
2. If you have to raise your chair to position arms and wrists comfortably, check the angle of your legs. Feet should be flat on the floor, knees at an even height with hips.
3. What are you sitting on? Office chairs usually have an adjustable height and lumbar support. Try using a pillow for low back support. Sit all the way back in the chair so when you rest against it, the lumbar support is helping to maintain the natural curve in your lower back. Position your ears above your shoulders, not in front of them.
4. Take hourly breaks! Do simple stretches. Get up and walk to get your blood flowing and muscles loose.

If your feet don’t reach the floor, use a step/block to support the bottom of your feet.

HEALTH COACHING

We want to hear from you and help you with your struggles, concerns and victories. Let’s connect for Health Coaching via phone, Email or Zoom. Just send me an email.

Your Wellness Coaches:
Anisa.Karczynski@tusd1.org
Cody.Martin2@tusd1.org
Debbie.Logan@tusd1.org
Iris.Berry@tusd1.org
Joan.Upton@tusd1.org
Our final presentation, Stress Management, in the series, “Building Strength, Energy and Vitality”, along with the first three topics in the series, have been prerecorded. The link to view all presentations will be posted to tusd1.org/wellness by Monday, May 4th. After viewing any of the presentations, a worksheet will be emailed to you. Complete and return the worksheet to receive credit for the Life Talk(s). Attending four Life Talk presentations is Option 3 for the Wellness Incentive Program. If you missed any of the presentations in the above series, you can now view all and receive credit for attending.

Building the Habit

“If you pick the right small behavior and sequence it right, then you won’t have to motivate yourself to have it grow. It will just happen naturally, like a good seed planted in a good spot.” — BJ Fogg

What is your morning routine? Are you rushed, stressed, exhausted, overwhelmed? Now is the time to put good habits in place so that you begin your day focused and centered. What can you begin to do each morning that will allow you to start your day energized and optimistic? Meditate, exercise, write in a journal, pack your lunch, enjoy nature, make a to do list.

SET UP A HOME GYM WITH HOUSEHOLD ITEMS

Make your own gym with tips from Angela Bakkala in an article from active.com.

1. Stuff your gym bag to whatever weight you desire. Use for squats, walking lunges, upright rows...
2. Make 8.3 lb weights by filling gallon containers with water.
3. Use an armless dining room chair for incline pushups, tricep dips, sit to stand squats...
4. Use your stairs! Run or walk them. Do stair jumps, single leg step ups, incline pushups and tricep dips.
5. A bare wall is a great space for wall sits, wall squats, wall pushups and legs up the wall for relaxation.
6. Use paper plates under your hands or feet to act like sliders to amp up planks or pushups. Put a plate under each hand. At the top of a pushup or plank, slide your right hand forward or off to the side before returning to center. Repeat on left side. Place plates under your feet in plank position and pull in one at a time to mimic mountain climbers.
7. Use your kids’ sidewalk chalk to draw an agility ladder on your driveway and work on your agility drills.
8. Use a rolling pin or baseball bat in place of a foam roller to break up sticky fascia.

WELLNESS INCENTIVE PROGRAM UPDATE

Many of you have voiced concerns about not being able to complete your Wellness Incentive Program paperwork because you can’t get into your physician for your Annual Physical Exam or Annual Lab Work by the June 15, 2020 deadline.

We have worked with your Tucson Unified Benefits department on a waiver that can be used for this school year due to the circumstances that COVID-19 has caused. The waiver is available to you if you have not completed your annual physical exam or lab work since June 16, 2019. You will still be required to do the Rally survey on myuhc.com and complete two of the eight requirements listed on the Activity Verification Form by June 15, 2020.

The new packet is available online at www.tusd1.org/wellnessincentive. Email your health coach with questions.