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 United 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

THE CONNECTION OF HAPPINESS

Deep, strong bonds to our fellow human beings improve our happiness, sense of well being and decrease our anxiety. Social distancing has challenged us to find new ways to stay connected to our friends and loved ones. Here are a few ideas to keep you feeling united:

1. Write notes and send cards to your people.
2. Bake/cook something delicious and share it with a neighbor.
3. Give compliments to others, including yourself.
4. Sneak a sweet note into a loved one’s pocket.
5. Before they sit down to eat.
6. Send someone a link to a song that reminds you of them.
7. Frame a picture and send it as a gift.
8. Find an online volunteer opportunity.
9. Clean your closets and donate.
10. Share a flower from your garden.
11. Face Time, Zoom, Skype – let someone see your smile.
12. Email an inspirational quote to your colleagues to give them a boost for the day.
13. Gather small rocks and paint an uplifting word on each one. Scatter around your neighborhood for others to find.

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

“Depending on what they are, our habits will either make us or break us. We become what we repeatedly do.” — Sean Covey.

What are you doing every day to improve your life? It’s what we do daily that add up to the big gains, the baby steps moving in the right direction. Need some ideas?

(1) Take a 15 minute morning walk. (2) Start a gratitude journal. (3) Make a five minute phone call to a loved one. (4) Give yourself a daily compliment. (5) Start a vacation fund with your extra change and feed it daily.

UP YOUR FUN AND TRAINING GAME WITH VIRTUAL RACES?

Virtual runs and walks are a great way to stay connected to your running/walking/cycling community, inspire your competitive nature and enjoy a group workout.

Anyone can participate in a virtual race. Most are set up as the traditional 5K (3.1 miles), 10K (6.2 miles) and half marathons (13 miles). You go at your own pace. You can compete on your home treadmill, in your neighborhood or your favorite path/trail. Here are some virtual apps to get you started:

1. Run With Character
2. Rambling Runner
3. Running on the Wall
4. RunDisney Virtual Races
5. Zwift Virtual Training Platform – this app is for cyclists with training and virtual race components.
6. GoVirtualHike – check out this site for over 300 virtual hikes in Arizona, New Mexico, Oregon, Hawaii, California, Colorado and Utah.

You could also easily set up your own virtual race or step competition with your regular workout buddies. Set up your distance, time and prizes and go for it.

WELLNESS INCENTIVE PROGRAM UPDATE

The Wellness Incentive Program requirements have been updated in light of the circumstances that COVID-19 has created.

There is now a waiver in place should you be unable to get your Annual Physical Exam or Annual Lab Work completed by the June 15, 2020 deadline.

The fillable PDF packet, along with the details of the updated Wellness Incentive Program requirements, are online at www.tusd1.org/wellnessincentive. Please email your health coach with any questions.