



Convocation

August 25, 2021

***“Riding the pandemic wave, managing
physical and mental health.”***

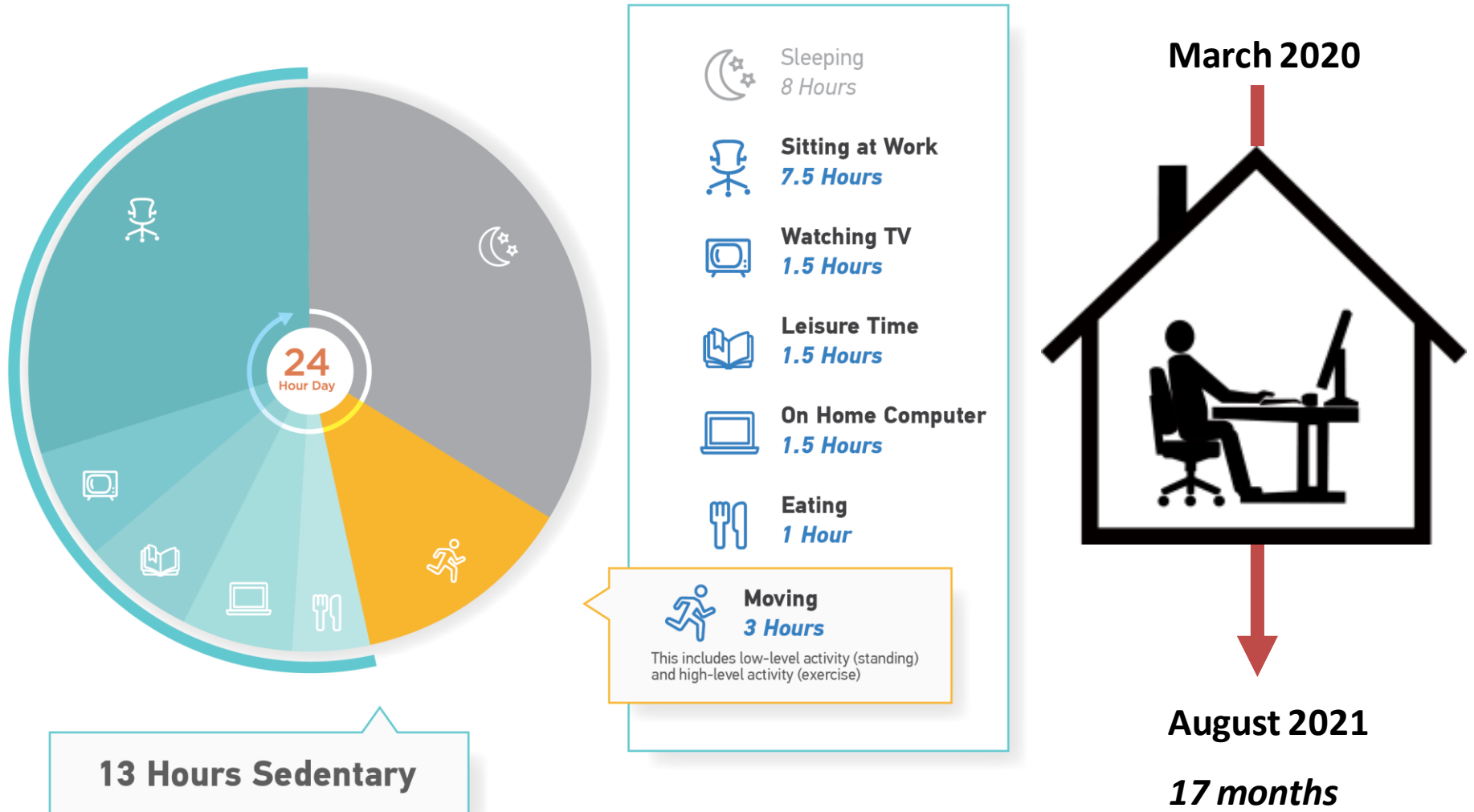
Paul M. Gallo, EdD, FACSM

Director of Exercise Science
and Wellness

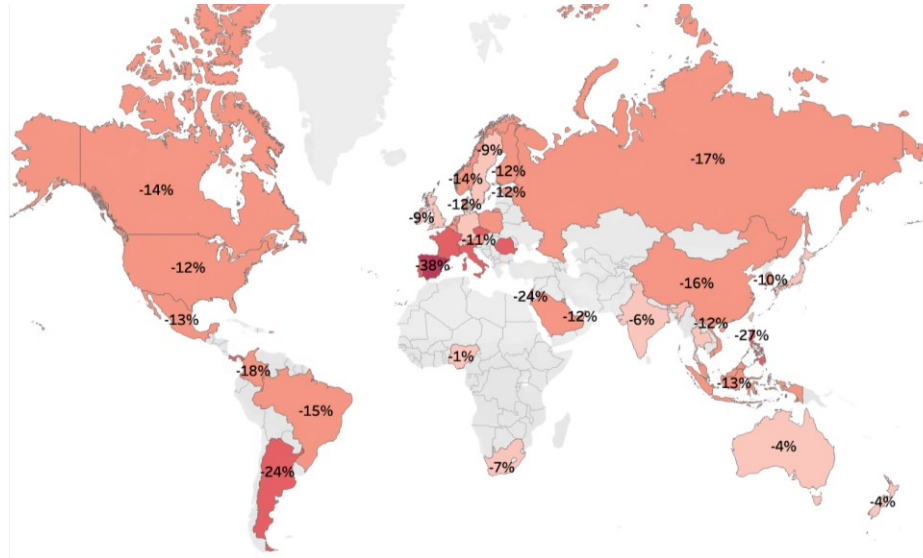
Wendy Mendes, MS, NCC, LPC

Holistic Counselor

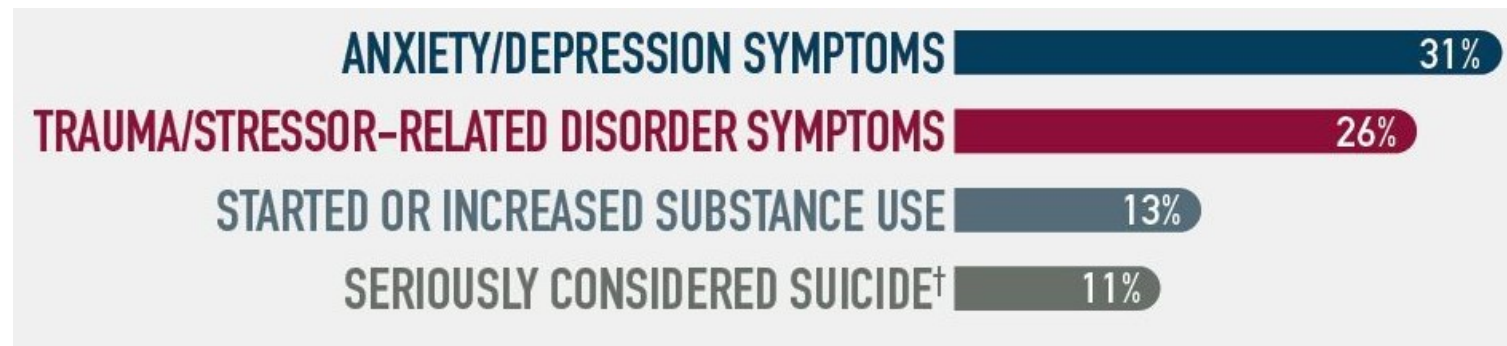
Working through the Pandemic



COVID-19 Impact on Physical Activity and Mental Health



Fitbit Corporation reports, 7-38% reduction in daily steps globally



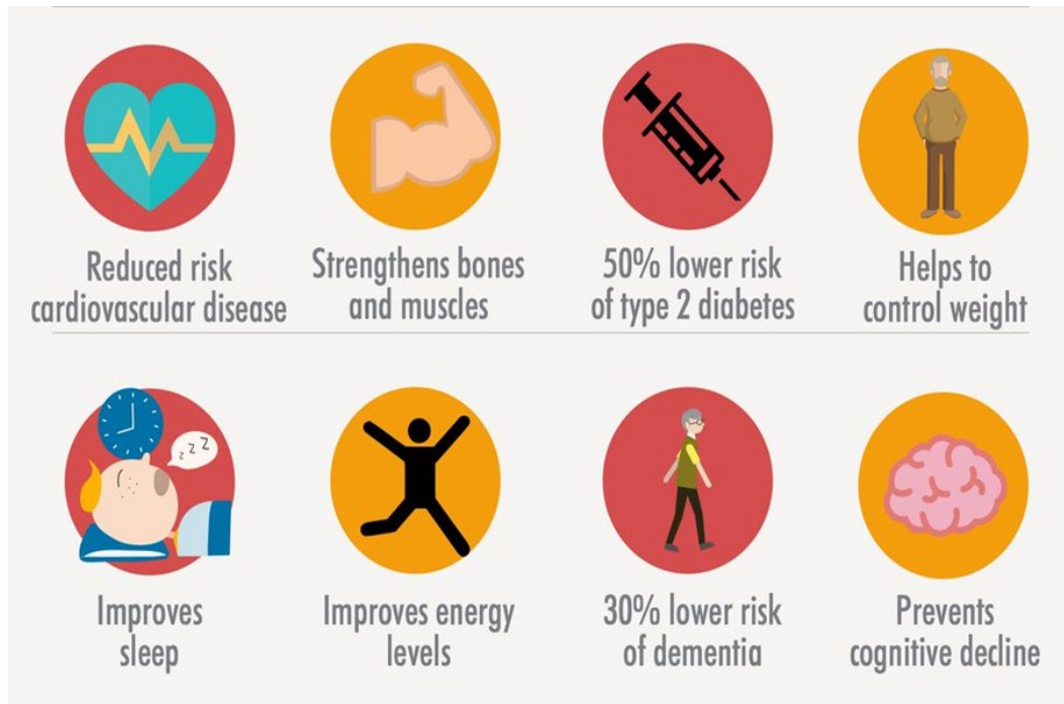
CDC reports 40% of 6,000 respondents without pre-existing mental health disease had increased symptoms or thoughts compared to 2019

What can we do?

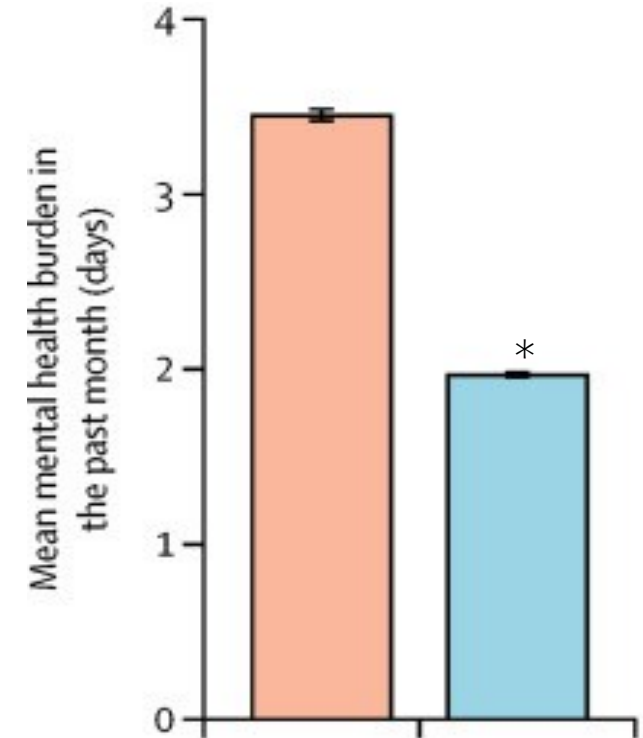


Manage sedentarism with frequent movement breaks
Engage in mental relaxation activities
Seek assistance for mental or physical health concerns

Benefits of Exercise and Mental Relaxation



CDC Department of Health and Human Services (2021)



Chekroud et al. (2018)

Convocation Demonstrations

- **Discrete Physical Activity**

- Complete every hour for 2-3 minutes
 - Start with either 10 reps or 20 seconds per exercise
 - Progress or mix order
 - Pain free range of motion
- Can be done at home or the workstation with sturdy furniture and chair



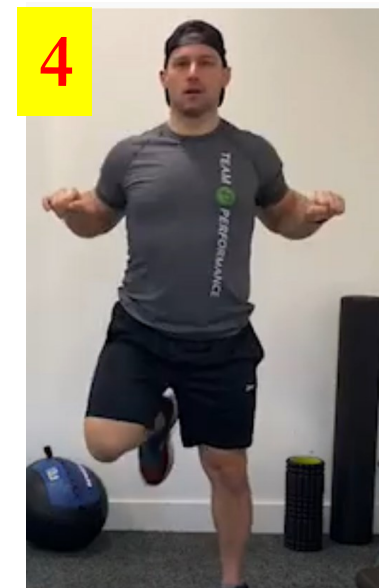
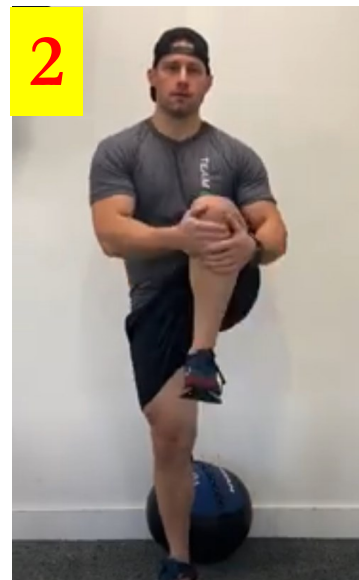
- **Relaxation Technique**

- Should be done at least once daily and implemented at times of perceived stress or anxiety
- Can be done anywhere, except when operating a vehicle or machinery



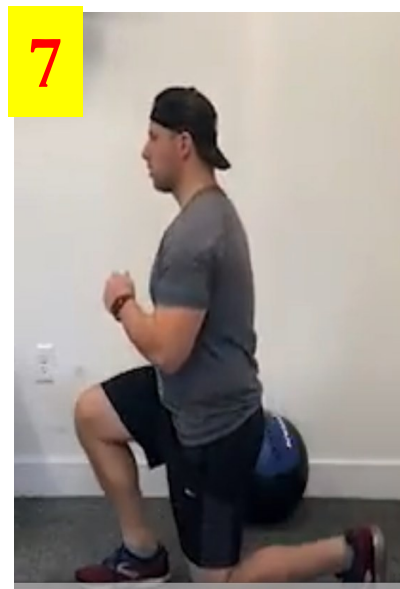
Workstation Exercises

Exercise Name (10 reps or 20 seconds)	<i>Progression to more advanced exercise</i>
1. Marching in Place	<i>Jogging in Place</i>
2. Knee to Chest	<i>High Knees</i>
3. Body Weight Squat	<i>Jump Squat</i>
4. Sidestep with Row	<i>Speed Skater</i>



Workstation Exercises

Exercise Name (10 reps or 20 seconds)	Progression to more advanced exercise
5. Sidestep Jack	<i>Jumping Jacks</i>
6. Wall/Desk Pushup	<i>Floor Pushup</i>
7. Static Lunge	<i>Lunge Jump</i>
8. Modified mountain climber	<i>Floor based mountain climber</i>



Mental Relaxation Exercises

- **Breath focus:** In this simple, powerful technique, you take long, slow, deep breaths. As you breathe, you gently disengage your mind from distracting thoughts and sensations.
- **Body scan:** This technique blends breath focus with progressive muscle relaxation. After a few minutes of deep breathing, you focus on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there.
- **Guided imagery:** For this technique, you conjure up soothing scenes, places, or experiences in your mind to help you relax and focus. You can use recordings of calming scenes. Make sure to choose imagery you find soothing and that has personal significance.
- **Mindfulness meditation.** This practice involves sitting comfortably, focusing on your breathing, and bringing your mind's attention to the present moment without drifting into concerns about the past or the future.

Self-Care for the Mind, Body and Soul

- Scratch off a lurker on your to-do list, something that's been there for ages and you'll never do.
- Take another route to work. Mixing up your routine in small ways creates new neural pathways in the brain to keep it healthy.
- Goof around for a bit. Schedule in five minutes of “play” (non-directed activity) several times throughout your day.
- Unplug for an hour. Switch everything to airplane mode and free yourself from social media and email.
- Use your commute for a “Beauty Scavenger Hunt.” Find five unexpected beautiful things on your way to work.
- Go outside. Get out of the office or home for a while and take some time to notice what's around you. Remember to use your five senses.
- Oxygenate by taking three deep breaths. Breathe into your abdomen, and release the air from your stomach and chest.
- Get down and boogie! Put on your favorite upbeat record and shake your booty...

Thank you

Wellness Services:

- Contact Paul Gallo
(pgallo@norwalk.edu)
- **VISIT:**
<https://norwalk.edu/healthwellness/wellness-committee/>



Holistic Counseling Services:

- Contact Wendy Mendes
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- **VISIT:**
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