

# WHOLE HEALTH PART 2



The Optimal You Four Pillars of Health are crucial to your well-being. Explore strategies and resources to help build and support your social, emotional, financial and physical health at home.

**SOCIAL WELLNESS** is all about connecting with others and forming positive support systems. Luckily, technology has never been so accessible during times of social distancing. While working and schooling from home, virtual hangouts and happy hours have become the new normal, some may still struggle to find social connection and entertainment. The following are fun activities to try individually, with the whole family or virtually with friends.



**FOR THE FOODIE** Try a virtual cooking class! Joy the Baker: Quarantine Cooking Edition is kid-friendly and free. The Food Network Kitchen App offers a three-month free trial with a wide variety of classes and chefs to follow. Or create your own with a friend! Video chat and teach each other a new recipe, or try one created by your *Optimal You* RDN's.



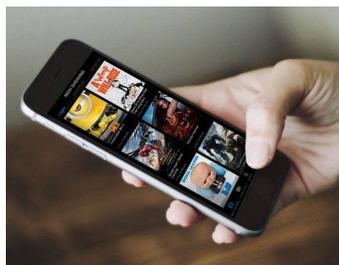
### FOR THE MOVER

Try an online dance class! There is a wide variety of intro classes at [Danceplug.com](https://www.danceplug.com). Or, DanceTutorials channel on YouTube has it all!



### FOR ATHLETES

The Optimal You Fitness Team offers group fitness workouts on [Facebook](https://www.facebook.com) Live. Join Optimal You Fitness for access. Create your own workout and challenge a friend to a video chat—no cheating!



### FOR THE MOVIE BUFF

Pop some (whole grain!) popcorn and download Airtime: Watch Together. The app allows you to watch anything from sitcoms, YouTube videos or movies with up to ten people! Who REALLY wants to watch a horror movie alone?!



**ART LOVER** Tap into your creative side. Grab your paint, brush and canvas! The virtual company Yaymaker has art classes for just \$15. Michigan State has a [free 7-day trial](#) in photography basics.



# Acknowledge Your Emotional Health



**ASSESS YOUR ENVIRONMENT**  
The level of attention you give to your emotional needs can greatly impact your well-being. As you work from home, is your day interrupted by family members, young and old? From restless kids with virtual classwork to calls from lonely or distanced senior parents, it can be difficult to find space and relief from personal and professional challenges. Yet, regardless of age or commitments, we are all navigating uncharted territory. Reflect on how a new environment is impacting your mental health.

**CONSIDER YOUR ACTIONS**  
Are you responding with grace or an emotional blow up? Are you beginning to withdraw? Some might cope through emotional eating or drinking; turning to food or alcohol for comfort. Others detach and feel fatigued. Whether it's an exhausting rant, complete denial or comfort in a bag of chips or glass of wine, these coping mechanisms rarely improve difficult situations. In fact, they may be keeping you from adopting healthy coping strategies that will actually help.

**CHOOSE YOUR REACTION**  
Pay attention to your needs before reacting. Consider your level of anger, concern, or annoyance. If you are hungry, address your nutrition needs, but if you are seeking a distraction, consider non-food tools to help manage the moment. Start with a few deep breaths, then direct your focus to positive coping skills; listen to music, walk, contact a friend, seek a fun activity or complete an enjoyable daily task.

**REVIST YOUR NEEDS**  
After trying some healthy coping tools, take time to check-in and see how you are doing, and really take time to answer. Address any concerns, no matter how small, and gather the tools you need to manage your situation. Seek things to keep you engaged and interested to take breaks from the outside world. When you address your personal needs, you're able to bring your best self every single day.

## NEED SUPPORT?

*Encompass is available 24/7 to Amway employees and others living in their household at no cost.*

Call (800) 788-6830 or visit [www.encompass.us.com](http://www.encompass.us.com).  
Company code: amwalt.



# Get a Step Up with Physical Activity

We've all heard the benefits of taking a light walk or jog a thousand times. So many times, that we might take for granted the impact and it's reward may become lost. But the fact is, walking or light jogging or cycling is just about the best activity for our quarantined selves.

We've established that light-to-moderate exercise has an impact on how well our immune system responds to pathogens, and we know lighter activity has a great effect than heavy metabolic exercise ([read more on that subject here](#)).

Beyond an immunity boost, a daily walk has an immediate positive impact on blood pressure and regulation of blood sugar. What's more, you can achieve these physical health benefits without a major time commitment or need for recovery time afterwards! Research shows mortality from illnesses, like Covid19, has been shown to skyrocket in those with independent secondary risk factors, such as high blood pressure and diabetes. Take time to schedule a daily walk or jog to take advantage of the many benefits of light exercise.

Follow this FIT prescription to reduce risk!

**Frequency**  
Every day

**Intensity**  
Light-to-moderate: Just enough to make talking difficult.

**Time**  
30 minutes



Watch for our  
**Health From Home  
Virtual 5K walk/run!**

*Details coming soon*

# FOOD & FINANCE

Different situations bring different challenges. In quarantine, do you find your grocery bills have swelled, and your dining out allowance has sat unused? There are healthy, nutrient dense foods at relatively low cost that can help put quality meals on the table without breaking the bank.

**Lentils**  
**Oats**  
**Brown Rice**  
**Dried or Canned Beans**  
**Kale**  
**Carrots**  
**Onions**  
**Sweet Potato**  
**Canned Tomato**  
**Frozen Berries**  
**Seasonal Fruits**  
**Canned Fish**  
**Eggs**  
**Yogurt**

Ensure you pay attention to food prices, as they fluctuate store to store and season to season. Remember, convenience, pre-cut and prepackaged foods come at a cost. Take a look at what cooking skills or techniques might open new doors with these less costly, nutrient-dense foods. Need ideas? Check out the recipes on Health From Home for fresh ideas for your table!



# HEALTH from HOME: RESOURCES

## Beyond Normal: Pursing a New (And Better) Normal with Circle Wellness

A free podcast series, where leading experts in physical, mental, social and financial wellbeing extend empathy and guidance as we pursue a better normal during and after this crisis. Two podcasts are released each week, so check back often!

Visit [www.circlewellness.com/thebigknow](http://www.circlewellness.com/thebigknow) to listen in.

## Boost Behavioral Health

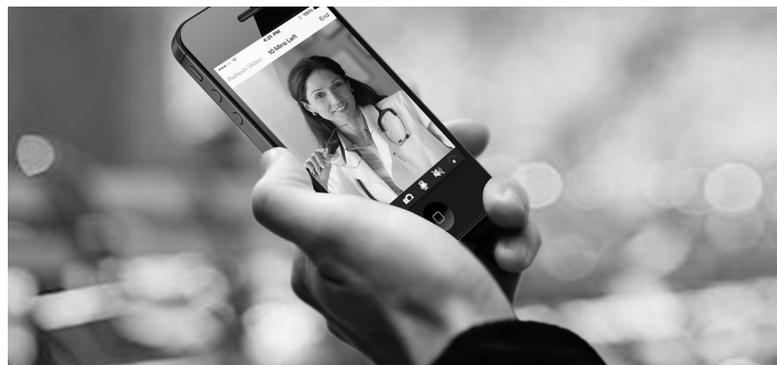
Supporting family members, while trying to manage your own responsibilities and stress, can feel overwhelming.

### *Let Encompass work for you.*

Reach out to Encompass, Amway's Employee Assistance Program, and let them research and find resources to support your specific needs, whether it's child care, elder care, food delivery services, etc. They are also there to provide 24/7 counseling to support your emotional health.

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## Virtual Healthcare Visits

To protect others in your community, consider virtual visits before scheduling face-to-face appointments for non-life threatening symptoms.

Telehealth opportunities include:

- Blue Cross' 24-Hour Nurse Line
- Online Access to Your Primary Care Doctor
- Blue Cross Online Visits

Visit the Intranet FAQ or scan QR code for telehealth scheduling details:

