

WAYS TO STAY HEALTHY DURING COVID19

RECENTLY THE WORLD HAS BEEN TURNED UPSIDE DOWN. WE ARE LIVING THROUGH A VERY HARD TIME WHICH IS BRINGING OUT MANY EMOTIONS IN ALL OF US.

HOWEVER, STAYING POSITIVE IS THE BEST THING WE CAN DO RIGHT NOW. DISTRACTING OURSELVES FROM THE WORLD IS VERY IMPORTANT. ONE WAY TO STAY POSITIVE IS TO FOCUS ON YOUR HEALTH. YOUR HEALTH IS SO IMPORTANT TO US AT THIS TIME. THE FOLLOWING ARE WAYS YOU CAN STAY HEALTHY FROM THE COMFORT OF YOUR OWN HOME.



1. Fitness:

There are so many exercises you can do at home. You can look up exercises on the internet, and even work out videos on YouTube. Also, many gyms and fitness instructors are offering free virtual classes right now. Even though you can't use equipment at the gym, you can make your own equipment from things in your own home. Use milk/juice bottles for weights, dish towels for sliders, or a sturdy chair for step-ups.

There are also plenty of work outs that do not require equipment – like squats, burpees, sit-ups, planks, and push ups. Doing about 30 minutes of physical activity is proven to improve your overall health and wellbeing, physically and mentally. So, take about 30 minutes every day to distract yourself. Turn on some good music, put a towel down on your floor, and get your heart pumping. Other forms of physical activity are taking a run/walk, riding your bike, or playing basketball outside. Getting outside is okay as long as you are keeping your distance from others.

2. Nutrition:

Now is the time to create that nutrition plan you've always wanted. Summer is right around the corner, so you probably want to feel and look your best. Even if you're not looking to lose a few pounds, nutrition is very important because you want to nourish your body with nutritious foods which will make you feel so much better overall. Make a plan before you go to the store. Research recipes with healthy ingredients. Take inventory of what's already in your pantry. Then create a plan around these items to create meals consisting of a starch, protein, and produce. Buy a lot of fruits and vegetables and put them in your freezer, that way they will be good for months.



3. Baking/cooking:

Everyone wants to enjoy a sweet treat once in a while. Learn how to cook/bake if you don't already know how. Challenge yourself to try new recipes!



4. Stress reducing activities:

Managing stress and anxiety at this time is important for getting enough sleep. Sleep is important for very for every aspect of health. Some stress relieving activities are yoga, journaling, and meditating. There are thousands of free online videos you can watch to teach you yoga and meditating.



5. Staying in touch with friends and family:

If you have access to a phone or computer, video chat with friends and family. Or even just pick up the phone to call them.

It is so important to stay in contact with people as well as speak to people. Speaking to people is much more beneficial than texting or emailing.



6. Organize:

Taking time to declutter your space is very important. Go through your room and decide what you want to keep, what you want to donate, and what you want to throw away. When you are done organizing, take some time to clean your space. There is nothing quite like a clean, organized space to do your work in or just simply relax.



7. Drink enough water:

Since we are stuck at home right now, it may be hard to remember to drink enough water. A lot of people carry a water bottle with them during the day when they are out, and now that we are stuck inside you may find yourself not carrying water around your house with you. Make it a goal to drink eight 8-ounce glasses of water a day. Keep a log in your kitchen to mark every time you have a glass of water.



8. Try to limit your time on social media:

Yes, this can be hard, especially for college students. However, social media can have such a negative influence on your health. Staring at your phone for hours of the day can really strain your eyes, and just being on social media can take you away from the real world. Try to find something you enjoy doing other than being on your phone. Some examples are reading a book, going for a run, painting, crafts, and sewing.



9. Make time for family activities:

Since all families are stuck at home all day together, make time in your day to do a family activity. Sometimes being stuck in a space with the same people for a long period of time can be very stressful. Everyone gets on each other's nerves, and you just want to be alone. However, even though these times are hard, it is still very important to have a good bond with your family. Since college students are home for a while, take advantage of this time to be with your family that you miss when you are at school. Some family activities you can do with your family are movie nights, game nights, family walks, make dinner together, go on a picnic, backyard camping, make a craft, start a garden, and enjoying quality family time by shutting off all electronics and just communicating with each other!



Tips For Getting Better Sleep

This is not a dream, you may be living with your parents again. But seriously, are you getting enough sleep?

Sleep is needed for physical health and plays a role in supporting the immune system and its response to infection. It sharpens brain functions including memory, and enhances mood. Sleep is important for emotional wellness and lack of it can increase symptoms of anxiety and depression. Some of us may have increased challenges to sleep due to the pandemic. Changes in our daily life such as school/work from home, isolation and increased stress are some examples of factors that can make sleep difficult for some. There are many things we can do to set the stage for sleep.

Here are a few ideas:

- Create a regular daily schedule. This should include a consistent waking up time, a wind down time, and a consistent bedtime. Your wind down time before bed can include activities such as reading, stretching, meditating, and preparing for bed.*
- Spend time each day in the sunlight. This has a positive effect on our circadian rhythm, as natural light plays a role in regulating sleep.*
- Try to stay active, and plan your exercise for early in the day. Many gyms and exercise or dance instructors are offering online exercise classes- find something that interests you.*
- Be mindful of screen time. Blue light produced by screens including phones, computers and tablets can interfere with our body's ability to fall asleep.*
- Avoid doing school work while in your bed. Sleep experts recommend reserving the bedroom for sleep. This helps us create an association in our minds between our beds and sleep. Change your sheets often, make your bed comfortable and inviting.*
- Limit your intake of caffeine and alcohol, especially late in the day.*
- Avoid long naps late in the day*
- Seek out good news and maintain social connections. Kindness and social connection can reduce stress and its effect on sleep*

*Be sure to contact your family doctor with any serious or worsening struggles with sleep. Many physicians' offices are offering telemedicine, which means you can schedule an appointment with your provider without physically going to their office. As we take care of ourselves and those around us during these unprecedented times, hope these tips help you with getting a good night's sleep.
Sweet dreams!*

Citations:

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Creating a Healthy and Comfortable Home Study Space

How comfy is your home study space? If your answer is “not very”, then here are some tips to enhance it. Moving home from college due to the pandemic and continuing class work online has created many challenges for college students. One of those challenges can be creating a space for studying that helps keep us healthy and motivated. There are some things we can do to create or improve a space in our home that is dedicated for study or work. Here are a few helpful tips for you.

Comfort

Create a comfortable work area. This should include a chair that offers back support, as slouching can lead to back discomfort. It is important to think about the height of the table you are using. You should aim to have your feet flat on the floor, knees bent at a 90 degree angle, and forearms resting on the table. If you use a phone for long conversations use it on speaker or use a headset, this will allow you to remain in a comfortable position. Change position and move around several times throughout the day, and plan some breaks to reward yourself!

Lighting

Adequate lighting in your study area helps avoid eye strain. Include some natural lighting by sitting near a window, this is healthy for us both physically and emotionally.

Supplies

Organize any needed supplies at your study area, and consider using a paper planner. Planning is a good stress management technique, and writing on paper can help us better retain information. Using a paper planner keeps all assignments and reminders in one place.

Organization

It is helpful to keep your study space organized. Clutter can cause difficulty in focusing for some students. Keep soothing colors or items like a visual schedule or a treasured photo in your line of sight. This can help keep you calm and focused. My daughter is a college freshman, and created a colorful chalkboard in her room with all current assignments in easy view.

Noise level

Experiment with background music or white noise. This is helpful to some students but is distracting to others. Loud or sudden noises are distracting and can break concentration. Turn off or silence phones and log out of social media, as receiving messages and notifications can easily break your focus. In these challenging times, the important thing to remember is to create a study space that works for you. I hope some of the tips here help keep you organized and comfortable!

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**TIPS & IDEAS FOR A SAFE AND FUN
SUMMER & A LETTER OF
RECOGNITION FOR OUR NEW
KUTZTOWN ALUMNI'S**

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"Connect with nature and find a new place to explore. Challenge yourself to disconnect from the digital world for a few moments and take in the wonders of the world."
- Paige Lilly-Ivens

"Have a virtual barbecue with your friends over FaceTime, Zoom, etc. or try planting a garden"
- Katie Neece



"Meditation -- Through a form of meditation every day, individuals can kick off their day with a clear mind, and also end their day with some meditation to give themselves an opportunity to process the events throughout the day. In doing so, one is able to enjoy other everyday activities a lot of more, and be fully present in the moment!"
- Cesar Velasquez

"Spend time working & practicing on a new hobby and skill"
- Ikechukwu Okorji

"Take hikes! If you have a dog take them on adventurous walks and order curbside pickup treats for them! The Dining Dog has a dog bakery "
-Amelia Colón

"Read self-help books! I used to challenge myself to read at least 2 self-help books each month. It helps me to think more positively and have clear goals in mind to strive for"
- Van Anh Thi Nguyen





Graduation Recognition



To The New Graduates of Kutztown University,

"You get to write your own story; you are the master of your own creative adventure"

The time has come! Each of you have worked so hard and faced a big challenge within your last year at Kutztown. It has not been an easy experience and it is important that you receive this recognition for being passionate, committed, eager, and determined students that are now ready to conquer the world.

Throughout these trying times, do not lose focus. It is your compass and you are in control of the things you can control. Continue to achieve your dreams. Take this summer as a time to continue to grow in reflection, try new activities, achieve your goals, and take time for you. Remember to take the time to celebrate with your classmates whether it be on FaceTime, Zoom, etc. You all deserve the celebration and time with the ones you love who have been behind you through it all. Always know that you are appreciated and loved. Wishing you all nothing but the best as you continue to live your journey. We are all so proud of you.

"Let joy be your highest form of success"

