



# Self Care During Quarantine

Horizon



Horizon Blue Cross Blue Shield of New Jersey

# Notice

This information has been created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey. The information is general in nature and is intended to provide you with an overview of the wellness topic to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor.

Always speak with your doctor before starting an exercise program or diet.

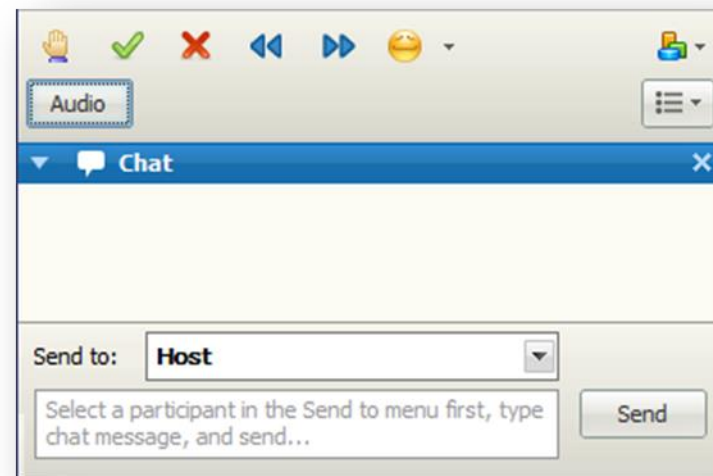
If you have any questions or concerns about your health or the health of any of your family members, consult your doctor.

There may be therapies and programs described here that are not covered benefits. Check your benefit plan or contact your benefit administrator for coverage details.

# Questions? Use the Chat Tool

How to send a message via Chat:

1. Look at the top-right corner of the screen for the word *Chat* with dialogue bubble image.
2. Click on the image.
3. On the lower right of the screen, see dropdown menu for options on who to send a message to. Select *Host*.
4. Type your question in the box and select *Send*.



Questions may be addressed to the group after the presentation.

# Agenda

- 1 Importance of Self Care
- 2 Components of Self Care
- 3 Healthy ways to manage stress
- 4 Tips for Healthy Eating
- 5 Importance of Exercise
- 6 Exercise During Quarantine: Barriers and Solutions
- 7 Your Questions

# Need for Self-Care

- In 2017, 11 million US adults suffered from at least one major depressive episode
- 647,000 Americans die each year from heart disease
- 599,000 Americans die each year from cancer
- As of 8/17/2020, 169,350 people in America have died from COVID-19



We must pay attention to every aspect of our health

# Self-Care

- 7-8 hours of sleep per night
  - Exercise
  - Healthy food
  - Time to rejuvenate
- 
- Self care  $\neq$  selfishness



# Current Stressors?



- Fear of Illness
- Family member's illness
- Worried about health care workers
- Job loss/furlough
- Finances/Economy
- Cabin Fever
- Balancing work and family
- Missing family
- Quarantined with complicated relationships
- Fear of unknown



# Over Time, Stress Can Lead To ...

- High blood pressure
- Heart arrhythmias
- Coronary artery disease
- Chronic neck and back pain
- Gastroesophageal Reflux Disease (GERD)
- Irritable Bowel Syndrome (IBS)
- Poor immune system function





# Avoid Unhealthy Behaviors



- Smoking
- Drinking alcohol
- Using Illicit drugs
- Acting out in anger
- Going on shopping sprees
- Gambling
- Making unhealthy food choices
- Prolonged sedentary behavior

# Effective Strategies for Managing Stress

- Learn healthy coping strategies.
- Try one or two strategies each day/week until you find a few that work for you.
- Practice techniques until they become habits when feeling stressed.



# Relax Your Mind



- Talk with someone about your feelings.
- Practice “mindfulness” such as meditation.
- Practice guided imagery for relaxation.

# Guided Imagery Break



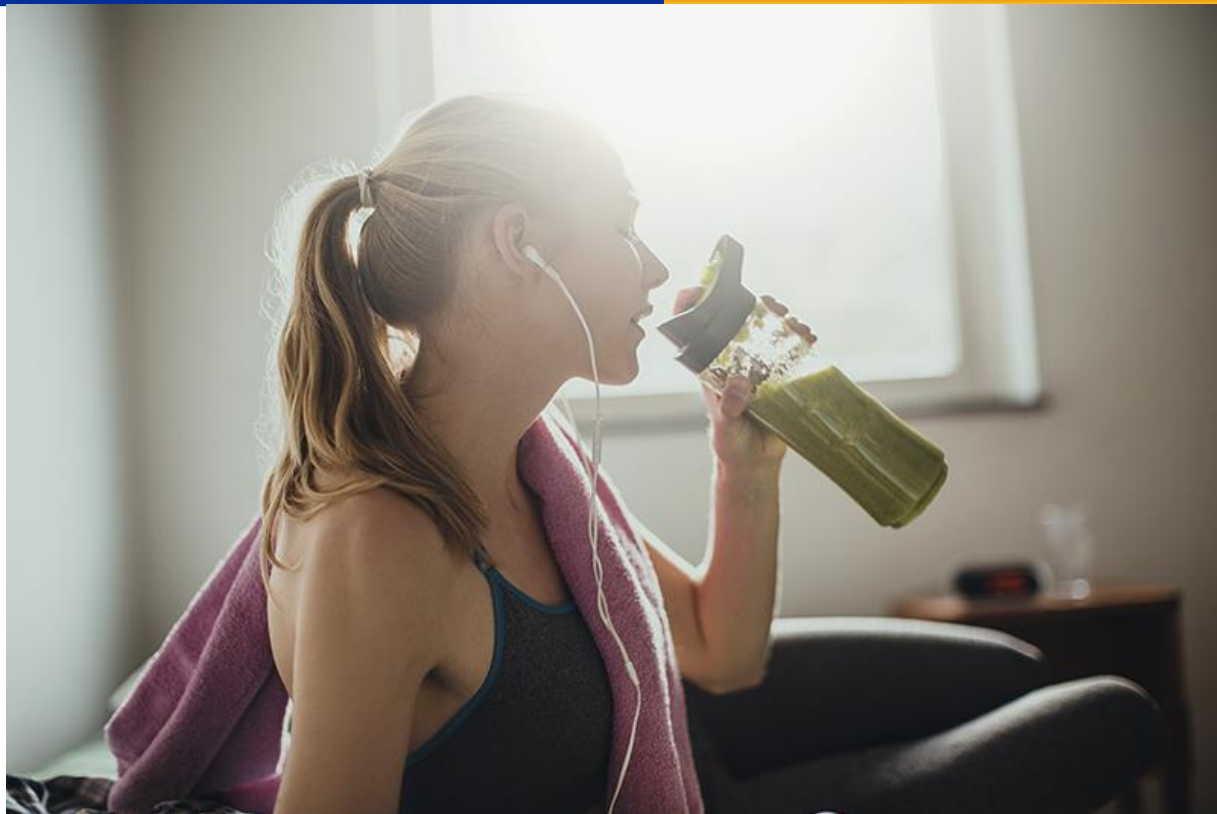
# Change Your Thinking

Change your thinking.

- Have a positive attitude.
- Don't sweat the small stuff.

# Why Eat Healthy?

- Weight management
- Disease prevention
- Energy
- Vitamins
- Minerals
- Nutrients
- Overall health!



# Tips for Healthy Eating

- Eat regularly — do not skip meals.
- Sit at a table.
- Eat slowly.
- Eat from a small plate or bowl, not the bag or box.
- Produce!
- Ask yourself why you are eating. Are you truly hungry or just stressed or bored?

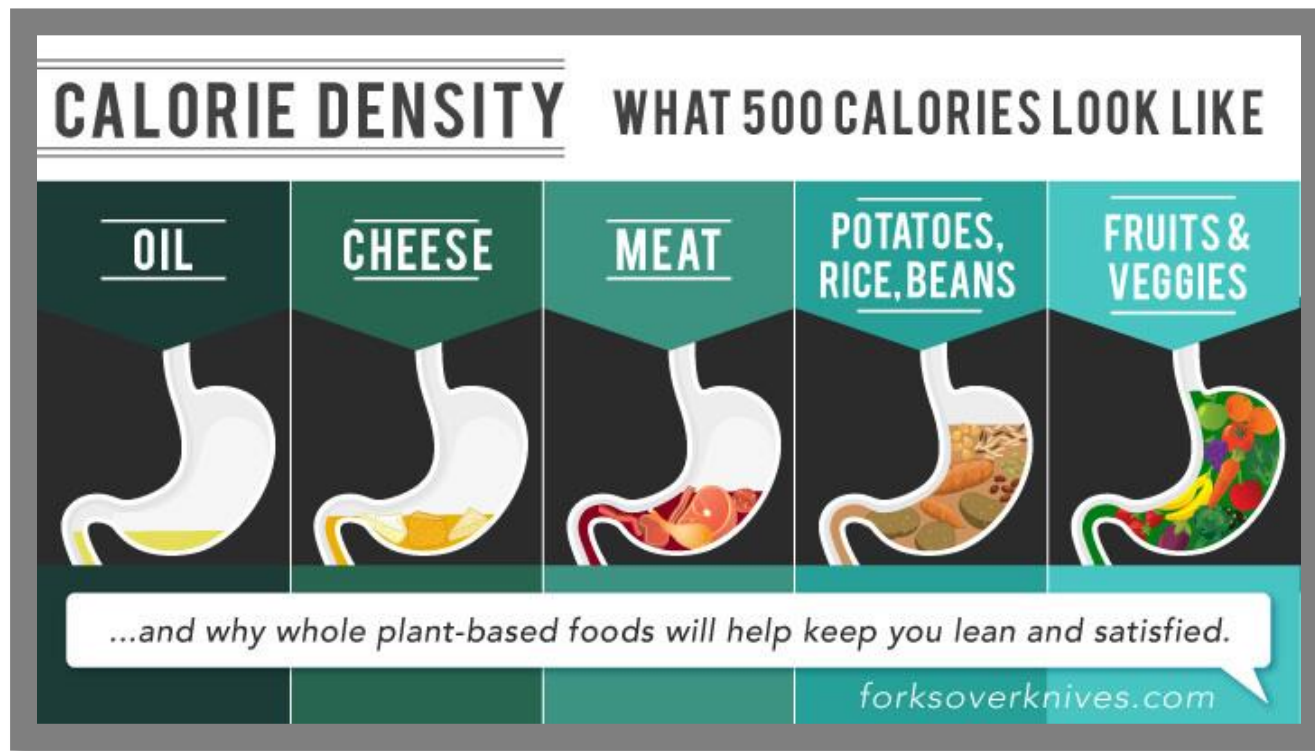


# Understanding Food Labels

1. Look at the serving size.
2. Fat – Saturated vs. Unsaturated
3. Why we love fiber
4. Don't overdo it on protein
5. Sodium
6. Carbs get a bad rap

<b>Nutrition Facts</b>	
Serving Size 1 Cup	
<b>Amount Per Serving</b>	
<b>Calories 200</b>	Calories from Fat 8
% Daily Value*	
<b>Total Fat 1g</b>	1%
Saturated Fat 0g	1%
Trans Fat	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 7mg</b>	0%
<b>Total Carbohydrate 36g</b>	12%
Dietary Fiber 11g	45%
Sugar 6g	
<b>Protein 13g</b>	
Vitamin A 1%	Vitamin C 1%
Calcium 4%	Iron 24%

# Calorie Density



# Trendy Diets: Good or Bad?



- Nine consecutive years
- A panel of nationally-recognized experts in diet, nutrition, obesity, food psychology, diabetes and heart disease
  - Easy to follow
  - Ability to produce short-term and long-term weight loss
  - Nutritional completeness
  - Safety
  - Potential for preventing and managing diabetes and heart disease

# Trendy Diets: Good or Bad?



## Highly Rated

1. Mediterranean Diet
2. DASH Diet
3. Flexitarian Diet
4. Weight Watchers®



## Less so

- Keto Diet
- Atkins Diet
- Paleo
- Raw Foods Diet

# Watch Those Drinks!



- Regular sodas, iced teas and juices can contain a lot of calories. Watch portions and check labels.
- Water has no calories and can be flavored with lemon, lime or infused with fruits and vegetables.
- Alcohol limits:
  - Men: 2 drinks per day
  - Women: 1 drink per day

# Why Should You Exercise?

Exercise is vital to your whole body.  
Regular exercise can help prevent:

- Arthritis
- Certain forms of cancer
- Diabetes
- Heart disease
- High blood pressure
- High cholesterol
- Obesity
- Osteoporosis
- Stroke



# How Much Activity Do You Need?

## Aerobic Activity

- 150 minutes (2 hours and 30 minutes) each week of moderate-intensity aerobic physical activity (such as brisk walking or a flat bike ride)
- 75 minutes (1 hour and 15 minutes) each week of vigorous-intensity aerobic physical activity (such as jogging or biking up hills)
- An equivalent combination of moderate- and vigorous-intensity aerobic physical activity

## Muscle-Strengthening Activity

- Two days a week: muscle-strengthening activities (such as lifting weights or using body weight as resistance) that are moderate or high intensity and involve all major muscle groups

*Always consult with your doctor before starting an exercise program.*



# Special Considerations

Although everyone should speak with their doctor before starting an exercise regimen, it is especially important that people who fall into the following categories do so, as they may face additional health risks associated with exercise.

- Men older than 45; women older than 55
- Those with a chronic condition such as:
  - Diabetes
  - Heart disease
  - High blood pressure
  - Osteoporosis
  - Arthritis



# Strength Training

Build strong muscles and bones with muscle-strengthening exercises.

- Include a 5-10 minute warm-up.
- Choose a weight or resistance level heavy enough to tire your muscles after about 8-12 repetitions.
- Lift free weights
- Use resistance bands.

Stop if you feel pain!

- Experts recommend 2 full days of rest between strength training workouts to allow specific muscle groups time to recover.



# Flexibility

Flexibility exercises can help **to**:

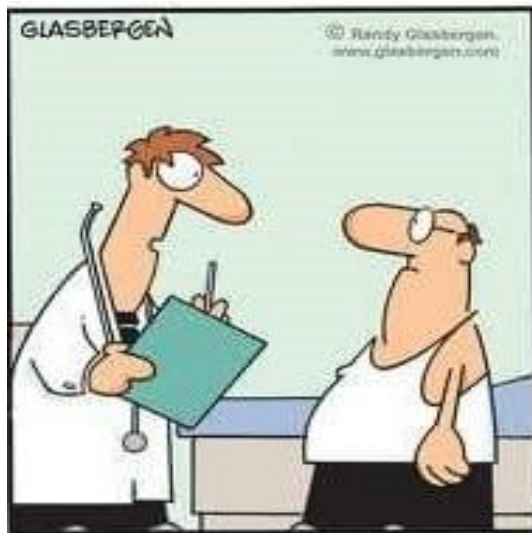
- Strengthen, lengthen your muscles
- Improve joint flexibility
- Keep muscles limber
- Prevent future injury

Examples:

- Pilates
- Tai Chi
- Yoga



# Common Barriers and Solutions



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Barrier	Solution
<i>"I don't have time."</i>	Set the clock for a few minutes earlier. Exercise with your kids.
<i>"I'm too tired."</i>	Exercise in 10 minute intervals.
<i>"The gym is closed."</i>	Walk, run or bike outside. Use apps and social media
<i>"I'm afraid of getting hurt."</i>	Start low and go slow. Research alternative ways to do cardio. Consult a professional.
<i>"It's a chore."</i>	Make it fun—dance, garden, OR Find what you hate the least, and do that

## Mindset Shift During a Pandemic

I'm stuck at home	→	I get to be SAFE in my home and spend time with my family
I will get sick	→	I will self-isolate and wash my hands, this will significantly DECREASE my chances of getting sick
I will run out of items at home during self-isolation	→	I have prepared for this and I will use my items wisely. I have everything I NEED for now
Everything is shutting down, I'm panicking	→	The most IMPORTANT places, such as medical centers, pharmacies and grocery stores, remain open
There is too much uncertainty right now	→	While I can't control the situation around me, I CAN control my actions. Doing breathwork, calling loved ones, getting enough sleep and proper nutrition, prayer, and doing activities I love at home will all help during this time



# Stay Connected with Horizon BCBSNJ



Visit Horizon Blue Cross Blue Shield of New Jersey's corporate Facebook® page [facebook.com/HorizonBCBSNJ](https://facebook.com/HorizonBCBSNJ).



Stay up to date with the latest company news and health and wellness information. Follow us on Twitter™, [twitter.com/HorizonBCBSNJ](https://twitter.com/HorizonBCBSNJ).



See videos explaining how we're transforming the health care delivery system in New Jersey, [youtube.com/BCBSNJ](https://youtube.com/BCBSNJ).





# About This Presentation

□ Horizon Blue Cross Blue Shield of New Jersey complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, gender, national origin, age, disability, pregnancy, gender identity, sex, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

Spanish (Español): Para ayuda en español, llame al 1-855-477-AZUL (2985).

Chinese (中文) : 如需中文協助, 請致電 1-800-355-BLUE (2583)。

Always discuss any health concerns and symptoms with your doctor or health care professional, and consult with him or her before starting a new diet or exercise program.

WebMD® is a registered trademark of WebMD, LLC. WebMD, LLC is independent from and not affiliated with Horizon Blue Cross Blue Shield of New Jersey or the Blue Cross and Blue Shield Association.

None of the aforementioned entities endorses any of the material contained in this presentation. They are independent from and not affiliated with Horizon Blue Cross Blue Shield of New Jersey or the Blue Cross and Blue Shield Association.

Not all programs are available to all Horizon BCBSNJ members. Please check with your benefits administrator to determine if you are eligible for these programs.

Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association.

The Blue Cross® and Blue Shield® names and symbols and Blue365® name are registered marks of the Blue Cross and Blue Shield Association.

The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey.

© 2017 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105.