Community Crossroads
GUIDANCE. SUPPORT. ADVOCACY.

A COMMUNITY OF WELLNESS

MARCH/APRIL 2020

MAINTAINING YOUR WELLNESS

As Community Crossroads moves to a remote work environment for the time being, it is important to keep your physical, mental and nutritional well being in check.



STAY CONNECTED

Social distancing is important during this time. With that said, it is important to stay connected with family, friends, neighbors and other people you know during this time. In many cases, reaching out with a phone call, text or email be just what is needed to cheer someone up.

CARING FOR MENTAL WELLBEING

Claudia W. Allen is the director of Family Stress Clinic and director of family science in the Department of Family Medicine at the University of Virginia's School of Medicine. Allen offers the following suggestions:

- **Stick to a routine, whether it involves working or not, this will keep a balance in your day. This approach to your day is an evidence-based treatment for depression called "behavioral activation".**
- **Go outside. If you don't have to stay in your home, take daily walks or jogs, preferably in a leafy area. Exercising, being in the sunlight and being around trees are all proven ways to improve mood.**

CARING FOR MENTAL WELLBEING

- Be aware of too much social media/news watching. Use your social media wisely. Even though it can be tempting to check often, it won't feed your need for connection but there are studies that show people feel left out or "less than" due to social media. Instead, use social media to connect with loved ones. Similarly, don't check the news too often and check from trusted sources such as the Center for Disease Control, The World Health Organization and local sources such as WMUR.
- Get dressed and prepared for the day, while it may be tempting to sleep in and lose a sense of routine, it is important to wake up at your usual time and get ready for the day.

APPS TO DOWNLOAD

There are so many great apps to download during this time, so many of which are completely free! Here are a few:

Khan Academy - With thousands of educational lectures and practices, this free app offers lessons in everything from grammar to science and so much more.

Daily Workouts Fitness Trainer - This free app offers a wide range of workout routines with video instructions on how to complete the workout properly. Users are able to choose how long the workout goes for which makes this app perfect for people of all abilities and experience with working out.

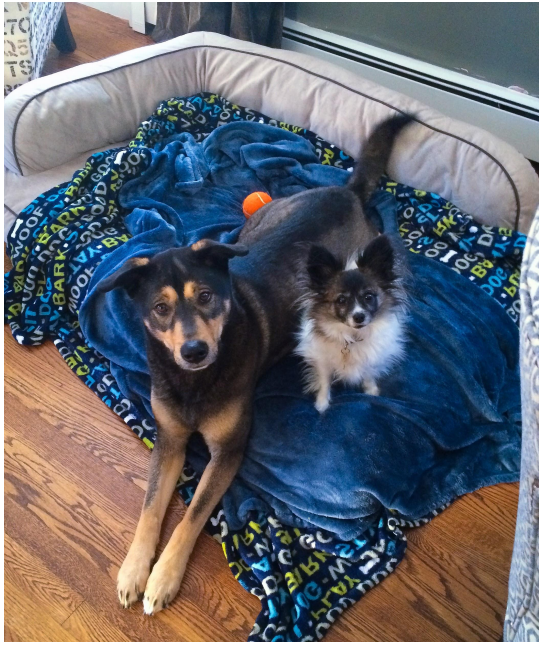
APPS TO DOWNLOAD

Scribd - This app is currently offering a free trial for 30 days with no credit card requirement. With over a million books, this app is sure to be enjoyable for all that love reading.

Yazy Yatzy Dice Game - This app version of the classic game Yatzy allows users to play against their friends, a robot or a solo game. It is fun and easy for people of all ages! There are many games that can be played with friends online, not all of these are free but they are all a good way to connect with the people you miss seeing.

Apple Music/Spotify/Pandora - Music is something that calms a lot of people. Download these apps to listen to your favorite artists!

PETS OF COMMUNITY CROSSROADS



Meet Tucker & Leila! (Jen Chisholm)

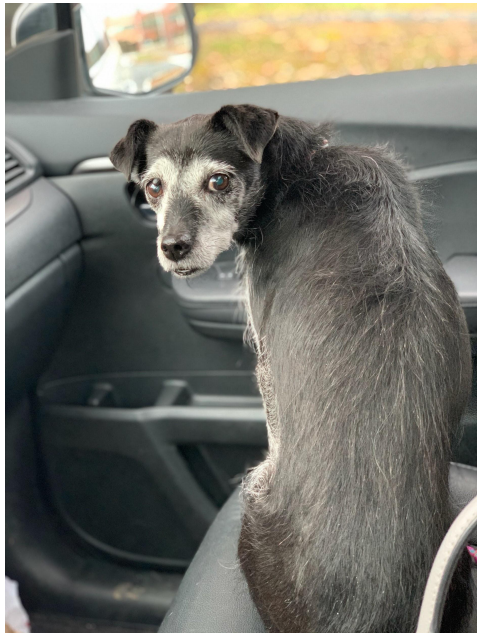


Meet Missy, an 11 year old Black Lab who loves the snow! (Colby & Tammy)

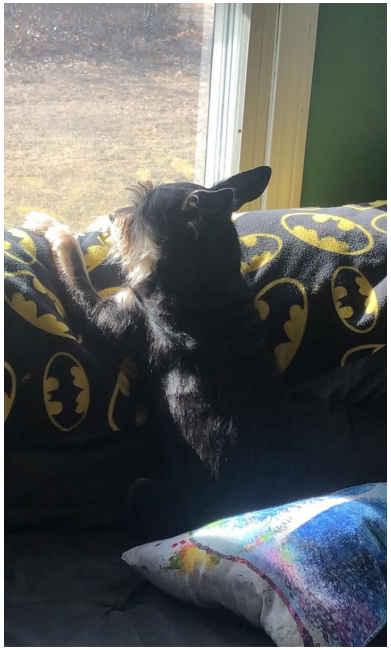


Meet Sniffles, a 2 year old dwarf Holland Lop bunny in her Halloween costume! (Kristine Houle)

PETS OF COMMUNITY CROSSROADS



Meet Sasha, a 13 year old rat-terrier. She was rescued at age 1! (Jodi Clement)



Meet Tucker James, an 8 year old terrier mix! (Sammi Martin)



Meet Kirby, a 12 year old Shiba Inu! (Sarah Snyder)

CHECK OUT OUR WEBSITE!

Here are some of our most recent blog posts!

Meet the Board...Dr. Jim Dickerson

Supporting Women with Disabilities

UPLIFTING WORDS

“It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed.”

– Doe Zantamata