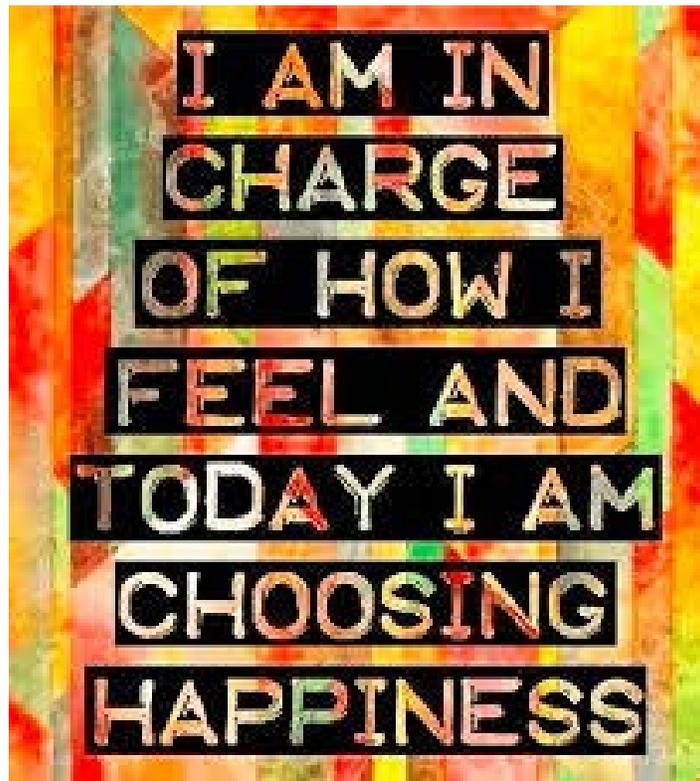


Cleveland's Own Community Health Workers

# Heart, Body & Soul Newsletter

Caring for the Caregiver ~ Who's taking care of you?



~ submitted by Samia Marchmon, C-CHW

## SOCIAL SELF-CARE

~ submitted by The GCCHWA Self-Care Committee

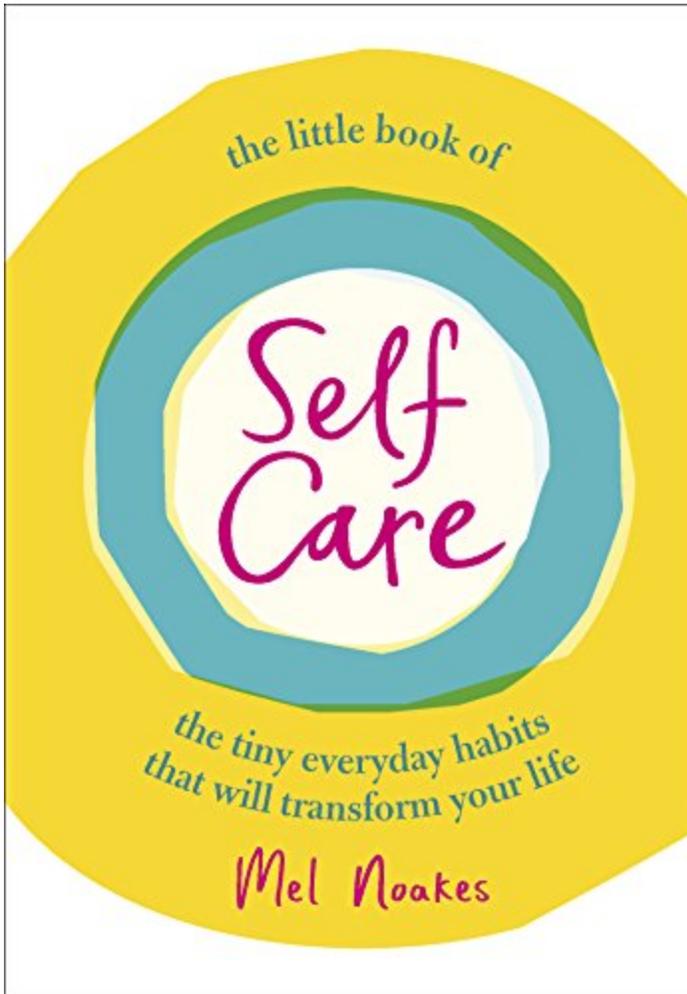
Even as we respond to COVID-19, socialization is key to self-care. Everyone has slightly different social needs. The key is to figure out what your social needs are and to build enough time in your schedule to create an optimal social life. Taking a

self-care trip can make a huge difference in your life. Even if you're not feeling particularly stressed, getting away every now and then can help you disconnect, relax, and be rejuvenated. These self-care trips don't have to be costly; simply drive to the next town over and see the sights, or go camping nearby. Spending time outside can help you reduce stress, lower your blood pressure, and be more mindful. Getting outside can also help you sleep better at night, especially if you do some physical activity, like hiking or walking, while you are outside. Just remember to wear a mask and follow social distance guidelines to protect yourself and others while you're out.

## **PSYCHOLOGICAL SELF-CARE**

~ submitted by The GCCHWA Self-Care Committee

The way you think and the things that you're filling your mind with greatly influence your psychological well-being. Mental self-care includes doing things that keep your mind sharp, like puzzles, or learning about a subject that fascinates you. You might find reading books or watching movies that inspire you and fuels your mind.



## **EMOTIONAL SELF-CARE**

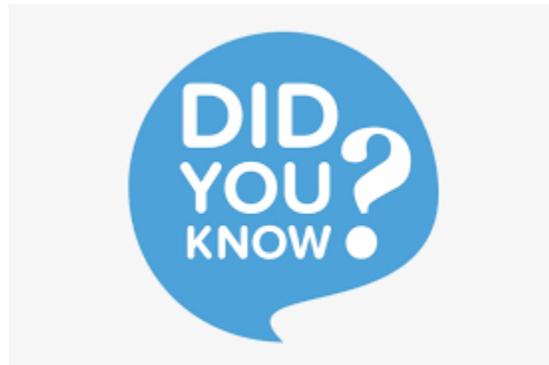
~ submitted by The GCCHWA Self-Care Committee

Even though many of our emotions stem from situations, memories or experiences from the past, we still need to gently turn towards them, instead of suppressing them or dumping them on other people so we can allow them to come to the surface and then let them go.

The following are ways to practice emotional self-care and letting go:

- learn to say yes to yourself and your needs.
- become aware of your language and what you say to yourself.

- learn to identify triggers to your emotions; once you identify them, identify different ways to consciously respond or be with them in a way that is safe for you, your environment and those around you.
- make time in your schedule for rest.
- develop a habit of gratitude so you can celebrate the things you are grateful for each day.
- practice self-compassion.
- have some fun and enjoy life by identifying those activities that you enjoy and schedule them.



July is:

**Minority Mental Health Awareness Month**

[www.nami.org](http://www.nami.org)

**Cord Blood Awareness Month**

[www.parentsguidecordblood.org](http://www.parentsguidecordblood.org)

**Juvenile Arthritis Awareness Month**

[www.arthritis.org/](http://www.arthritis.org/)

**UV Safety Month**

[www.aao.org/eye-health](http://www.aao.org/eye-health)

**Donate Life Week - July 14-27**

[www.donatelife.net](http://www.donatelife.net)

**World Hepatitis Day - July 28th**

"This above all: to thine own self be true,  
And it must follow, as the night the day,  
Thou canst not then be false to any man."

~Shakespeare's Hamlet

In these words said by Polonius, by using the word "true" he means "loyal to your own best interests." Take care of yourself first, he counsels, and that way you'll be in a position to take care of others.

## LEAVING THE HOUSE DURING CORONAVIRUS

Shanina Knighton **PhD RN**

STAYING HOME & LIMITING SOCIAL INTERACTIONS CAN HELP PREVENT COVID-19 FROM SPREADING...BUT WHEN YOU HAVE TO GO OUT



UNTIL THERE IS A VACCINE, WE ARE ALL AT RISK FOR GETTING COVID-19



### BEFORE YOU LEAVE HOME

 **FACE MASKS** CAN HELP STOP THE SPREAD OF DROPLETS FROM COUGHS AND SNEEZES

 ALWAYS WASH OR SANITIZE YOUR HANDS BEFORE & AFTER USING A MASK

 CARRY HAND SANITIZER FOR WHEN YOU CAN'T GET TO A SINK TO WASH YOUR HANDS

 BRING A BROWN PAPER BAG TO STORE YOUR MASK IN IF YOU NEED TO REMOVE IT WHILE YOU ARE OUT

### WHILE YOU ARE OUT

★ AVOID TOUCHING THINGS YOU DON'T HAVE TO EVERYTHING YOU TOUCH OR OTHERS TOUCH MIGHT BE CONTAMINATED WITH COVID-19



USE DISINFECTANT SPRAY TO WIPE DOWN CAR DOOR HANDLES, CARDS IN YOUR WALLET & KEY PADS

### WHEN YOU GET HOME

● LEAVE YOUR SHOES AT THE DOOR



● CLOTHES YOU WORE OUTSIDE SHOULD BE WASHED



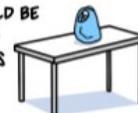
● WASH YOUR HANDS



● YOUR REUSABLE FACE MASK CAN BE WASHED BY HAND AND HUNG TO DRY



● ITEMS YOU BRING INTO YOUR HOME SHOULD BE CLEANED AND SO SHOULD SURFACES THEY TOUCHED



# HOME VISITS & SERVICES

DURING COVID-19

Shanina Knighton PHD RN

PREVENTION IS BETTER THAN TREATMENT

IF SOMEONE MUST COME OVER... **ASK QUESTIONS** AND **PROVIDE INFORMATION**



## Cobb Salad

Submitted by LaQueta Worley-Bell, CHW Student, Cleveland State University



Ingredients:

**1 1/2 c of lettuce & fresh spinach**

**3 tbsp nuts of your choice**

**1 1/2 c shredded cheese**

**2 boiled eggs shredded**

**1 bunch of broccoli, florets only**

**2 tomatoes, diced**

**Optional: 1/2 c leftover baked chicken, diced**

**Directions:**

1. Thoroughly wash and dry all vegetables.
2. In a large bowl, toss together the lettuce and spinach.
3. Arrange the broccoli, tomatoes, and chicken if using, over the greens.
4. Cover with nuts and cheese. Garnish the salad with the chopped egg.
5. Add the dressing of your choice, or make your own vinaigrette.

**Directions for Vinaigrette:**

In a small bowl whisk together 1/3 c red wine vinegar, 1 tbsp Dijon-style mustard, and salt and pepper to taste. Add 2/3 c extra-virgin olive oil in a slow stream, whisking. Whisk the dressing until it is emulsified.

**To register:** Visit [www.nachw.org](http://www.nachw.org)

*Body Ego LLC.  
Presents...  
Belly Dance. w/  
Ms. Lean*



JUL  
18

**Body Ego Bell  
Lean**

by Painting in the

Free

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