AAPE SUMMER EDITION 2020

"THE SECRET OF YOUR FUTURE IS HIDDEN IN YOUR DAILY ROUTINE."
- MIKE MURDOCK

NAVIGATING COVID-19 AND YOU.

MAINTAINING HEALTH

EXERCISING

SLEEP

COPING WITH ANXIETY

EXTRAS!

HEALTHCARE PERSONNEL AND FIRST RESPONDERS: HOW TO COPE WITH STRESS AND BUILD RESILIENCE DURING THE COVID-19 PANDEMIC

Providing care to others during the COVID-19 pandemic can lead to stress, anxiety, fear, and other strong emotions. How you cope with these emotions can affect your well-being, the care you give to others while doing your job, and the well-being of the people you care about outside of work. During this pandemic, it is critical that you recognize what stress looks like, take steps to build your resilience and cope with stress, and know where to go if you need help.

Recognize the symptoms of stress you may be experiencing.

Feeling irritation, anger, or denial

Feeling uncertain, nervous, or anxious

Feeling helpless or powerless

Lacking motivation

Feeling tired, overwhelmed, or burned out

Feeling sad or depressed

Having trouble sleeping

Having trouble concentrating

KNOW ABOUT STRESS-RELATED DISORDERS, COMPASSION FATIGUE, AND BURNOUT:

Experiencing or witnessing life threatening or traumatic events impacts everyone differently. In some circumstances, the distress can be managed successfully to reduce associated negative health and behavioral outcomes. In other cases, some people may experience clinically significant distress or impairment, such as acute stress disorder, post-traumatic stress disorder (PTSD)external icon, or secondary traumatic stress (also known as vicarious traumatization). Compassion fatigue and burnout may also result from chronic workplace stress and exposure to traumatic events during the COVID-19 pandemic.

Tips to cope and enhance your resilience.

- **Communicate with your coworkers, supervisors, and employees about job stress.**
- **Talk openly about how the pandemic is affecting your work.**
- **Identify factors that cause stress and work together to identify solutions.**
- **Ask about how to access mental health resources in your workplace.**
- **Remind yourself that everyone is in an unusual situation with limited resources.**
- **Identify and accept those things which you do not have control over.**

Recognize that you are performing a crucial role in fighting this pandemic and that you are doing the best you can with the resources available.

Increase your sense of control by keeping a consistent daily routine when possible — ideally one that is similar to your schedule before the pandemic.

Try to get adequate sleep and make time to eat healthy meals.

Take breaks during your shift to rest, stretch, or check in with supportive colleagues, coworkers, friends and family.

When away from work, get exercise when you can. Spend time outdoors either being physically activity or relaxing. Do things you enjoy during non-work hours.

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting and mentally exhausting, especially since you work with people directly affected by the virus.

If you feel you may be misusing alcohol or other drugs (including prescriptions), ask for help.

Engage in mindfulness techniquesexternal icon, such as breathing exercises and meditation.

If you are being treated for a mental health condition, continue with your treatment and talk to your provider if you experience new or worsening symptoms.

COVID-19 RESOURCES

NIOSH Workplace Safety and Health Topic

CDC COVID-19

CDCINFO: 1-800-CDC-INFO (1-800-232-4636) | TTY: 1-888-232-6348 | Website: cdc.gov/info

UNITYHEALTH

10 GREAT EXERCISES
YOU CAN DO AT HOME

1. **JUMP ROPE**
Jumping rope is an excellent exercise to do at home. Get your child's old jumping rope and start today.

2. **STAIR STEPPING**
Stair stepping is a great exercise to do in your home, even if you don't have a set of stairs available. Build a step with a few bricks and you are good to go. You can put it in front of the TV and step up and down while watching your favourite show. You may not work up a sweat like you would with a jump rope, but you will be keeping your body active and healthy.

3. **THE PLANK**
Get into a push-up position, but instead of bending your arms and moving down towards the floor, hold the position with your arms extended. Start off holding the position for 30 seconds and add an additional 10 seconds every day. This is one of the most challenging exercises, but it's also one of the of the best for your core.

4. **DANCING**
Dancing is an excellent way to burn calories and get your heart rate going while having fun. Since you are in the privacy of your own home, there is no need to look like a pro or impress anyone. Put your favourite tunes on and get dancing!

5. **LUNGES**
Place one leg positioned forward with your knee bent and foot flat on the ground and the other leg is positioned behind. Walk forward while switching the legs. Try it whenever you go down the hall, or from room to room. If that gets too easy for you, hold weights in your hands to make the lunges more challenging.

6. **CLEANING**
Cleaning can be very physical, especially vacuuming and mopping. We are all stuck at home, you might as well use the time to do some "spring-cleaning" in Autumn. This way you kill two birds with one stone!

7. **WATER BOTTLE WEIGHTS**
If you are looking to do some arm, shoulder, and back strength training, you can make your own weights by filling up water bottles. If using water bottles becomes too easy, use milk jugs. You can tailor the exercise to your level by filling the jugs to the exact weight that you need. For a greater challenge, increase the water amount just a little bit each time you workout.

8. **HIGH KNEES**
Instead of running in one place or in the garden, high knees can really get your heart pumping, especially if you go double time. To do this exercise, march in place or down a hall, and bring your knees as high as they can go.

9. **JUMPING JACKS**
Another great cardio workout. If you are watching a TV show, get up during the commercials and do a round of jumping jacks.

10. **YOUTUBE WORKOUTS**
There are a lot of workout routines on YouTube. You can search "workout," or you can search by the specific type of workout that you would like. This eliminates the need to use workout DVDs, and it allows you to mix up what you are doing to avoid boredom and lose weight fast.

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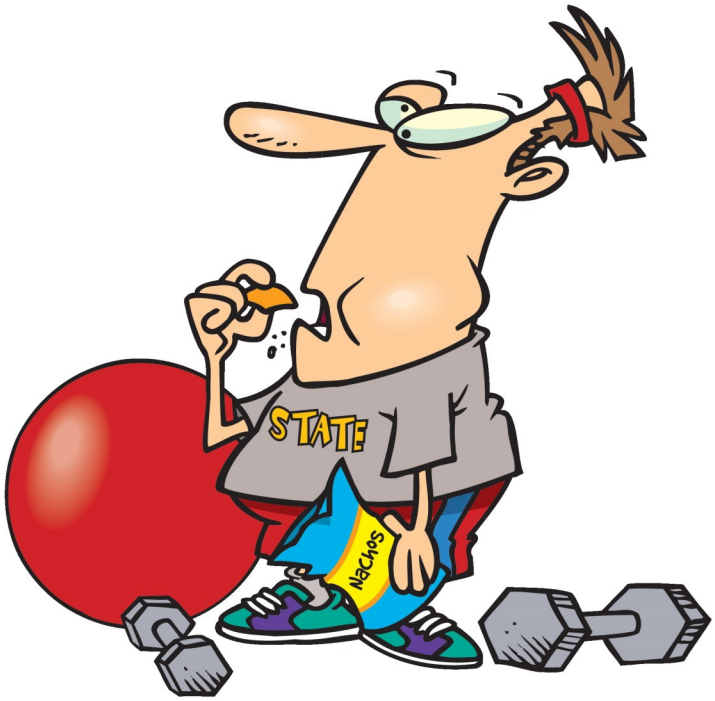

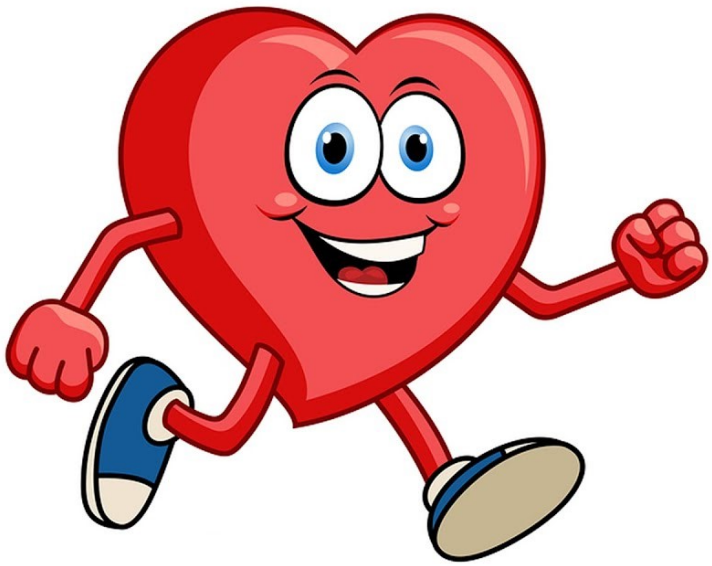

UNITYHEALTH

10 REASONS
YOU SHOULD EXERCISE

1. IMPROVES YOUR **MENTAL HEALTH**
2. LEADS TO INCREASED **ENERGY LEVELS**
3. SERVES AS A **STRESS RELIEVER**
4. IMPROVES YOUR **SLEEPING HABITS**
5. HELPS FOR **WEIGHT LOSS**
6. INCREASES **BONE DENSITY**
7. RELIEVES **DEPRESSION**
8. INCREASES **LUNG CAPACITY**
9. BUILDS A HIGHER **SELF-ESTEEM**
10. IMPROVES **MUSCLE STRENGTH & JOINT FUNCTION**

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SIX TIPS TO A BETTER NIGHT OF SLEEP

1. **Be consistent.** Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
2. Make sure your bedroom is **quiet, dark, relaxing,** and at a comfortable temperature.
3. **Remove electronic devices,** such as TVs, computers, and smart phones, from the bedroom.
4. **Avoid large meals,** caffeine, and alcohol before bedtime.
5. **Avoid** tobacco/ nicotine.
6. **Get some exercise.** Being physically active during the day can help you fall asleep more easily at night.

I do 5 sit-ups every morning. May not sound like much, but there's only so many times you can hit the snooze button...

I CANNOT CONTROL:
(SO, I CAN LET GO OF THESE THINGS)

- If others follow the rules of social distancing
- The actions of others
- Predicting what will happen
- Other people's motives
- The amount of toilet paper at the store
- How long this will last
- How others react

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I CAN CONTROL:
(SO, I WILL FOCUS ON THESE THINGS)

- My positive attitude
- Turning off the news
- Finding fun things to do at home
- How I follow CDC recommendations
- My own social distancing
- Limiting my social media
- My kindness and grace

TEMPE NEWS

Video Links: https://youtu.be/bJlqtTA3EJo https://youtu.be/E2S8bSdpclo

PHOENIX – A freight train derailed as it crossed an Arizona lake Wednesday morning, causing a massive fire and partial collapse of a more than 100-year-old rail bridge.

More than 90 firefighters were on the scene at Tempe Town Lake as thick smoke billowed into the air, and planes from nearby Phoenix Sky Harbor International Airport were diverted. The incident has not impacted operations at Sky Harbor, said Gregory Roybal, an airport spokesperson.

Tim McMahan, a Union Pacific Railroad spokesman, said a freight train derailed around 6:15 a.m. local time on the bridge with eight to 10 cars on fire. The bridge's south side collapsed, and the cars fell into an empty park below.

The train crew was uninjured, he said, and one person was treated for smoke inhalation.

USA TODAY– 7/29/2020

IN THE SPOTLIGHT

https://kvoa.com/news/top-stories/2020/08/11/tucson-sector-border-patrol-agent-resigns-after-arrested-in-drug-trafficking-investigation/

No-Bake S'mores Bars

★★★★★
4.2 from 5 votes

No-Bake S'mores Bars, a twist on the classic s'mores. The perfect combination of sweet, crunchy and chewy!

Prep Time	Total Time
20 mins	20 mins

Course: Dessert Cuisine: American Servings: 6 servings Author: Silvia Ribas

Ingredients

- 9 pieces graham crackers, crumbs
- 6 tbsp unsalted butter, melted
- 9 oz chocolate (of choice) melted
- 1 cup marshmallow cream/ fluff (sub with 24 marshmallows if using baking method)

Instructions

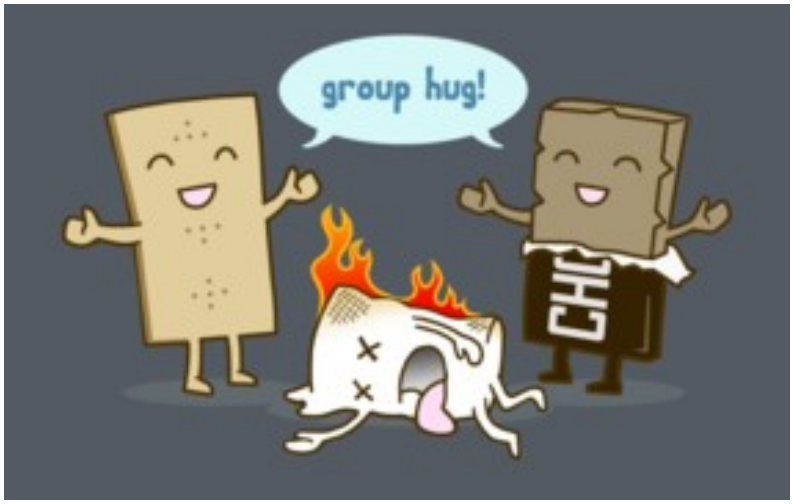
NO-BAKE INSTRUCTIONS**

1. Place the graham crackers in a large ziplock and smash them into fine crumbs using a heavy object (roller, servings spoon, or such). It helps to place the bag on a layered hand towel to absorb the impact. Transfer crackers to a medium bowl, add butter and mix with a fork until uniform. Reserve 1 tbsp of the graham cracker crumb.
2. Transfer graham crackers to a 9x5 loaf pan with filled parchment paper on all sides. Press crackers down using the back of a glass.
3. Spread a generous layer of marshmallow cream over the cracker mixture.
4. Top with a generous layer of melted chocolate. Spread to cover marshmallow layer. Sprinkle reserved graham cracker crumb over.
5. Freeze for 30 minutes, then transfer to fridge. Keep refrigerated

BAKED INSTRUCTIONS**

1. Pre-heat oven to 350F degrees. Follow step 1 and 2. Bake crackers for 8 minutes. Transfer to a cooling rack until cooled. (leave oven on!)
2. Place marshmallows on top of the baked graham crackers, side by side leaving little to no gap in between each marshmallow (see picture)
3. Top with a generous layer of melted chocolate. Spread to cover marshmallow layer. Sprinkle reserved graham cracker crumb over. Bake for 10-12 minutes to allow the marshmallow to melt. Transfer to a cooling rack.
4. When the backed s'mores are cooled, transfer to the freezer for 30 minutes before cutting into bars. Keep dessert refrigerated

https://gardeninthekitchen.com



LIFE IS S'MORE FUN WITH FRIENDS LIKE YOU!

ALRIGHT, ALRIGHT, GIVE ME MY TICKET ALREADY. IF YOU REMEMBER, I WAS IN A HURRY TO BEGIN WITH.

What happened to you?
I got fired.