WELLNESS IN TIMES OF UNCERTAINTY

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IT'S NICE TO MEET YOU.

- Born and raised in Asheville, NC
- Tomboy at heart. Athlete. I love basketball and all things fitness.
- Married; Two daughters, 3 and 1.5...yes life is crazy:)
- Degrees in clinical exercise physiology
- Corporate wellness: USAA, Retirement Community, Wellview Health
- Current NFES: Manage clinical research grants-10 years
- Campus Recreation wellness coordinator -3 years
- Currently registered as a health coach for frontline workers through Wellcoaches
- Ex. Physiologist for upcoming CHP obesity clinic
Overview

Mental and emotional well-being

HOW ARE YOU? REALLY?
Social Media
Data
Tips and Resources

Wellbeing and Work

Acknowledging the struggles
What does this look like.
Tips and resources

Movement and Fitness

COVID data/literature
Online resources and videos
Local resources
Quick body wt. workouts

Nutrition

CDC guidelines
What does this look like during a health pandemic?
Helpful tips/ideas to fuel your body and feed your family
EVERYONE Reacts differently to stressful situations
THIS. IS. HARD.
On everyone.
In so many ways.

HOW ARE YOU? REALLY. HOW ARE YOU?
Ask yourself this question. Truly ask it. Listen.

• What is the first thing that comes to mind?
• Is it Positive?
• A specific struggle?
• Write it down.
  • If positive, how can you spread that light?
    How can you positively impact someone else?
  • If a struggle comes to mind, how have you coped so far?
    What strength of yours has gotten you through?**
<table>
<thead>
<tr>
<th>Wave</th>
<th>% of respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wave 5</td>
<td>46%</td>
</tr>
<tr>
<td>Wave 6</td>
<td>50%</td>
</tr>
<tr>
<td>Wave 7</td>
<td>51%</td>
</tr>
<tr>
<td>Wave 8</td>
<td>47%</td>
</tr>
<tr>
<td>Wave 10</td>
<td>51%</td>
</tr>
</tbody>
</table>

Note: ages 18+

https://www.emarketer.com/content/how-coronavirus-changing-us-social-media-usage
ROLE OF SOCIAL MEDIA

"If used wisely and prudently, social media serves as a powerful tool for changing people’s behavior and to promote the well-being of individual and public health."*

• CHECK YOUR SOURCE!

• KEEP SCROLLING! Avoid misinformation and going down rabbit-holes that lead to nowhere good

  • YES= Meaningful, open-minded, educational discussions
  • NO= Trolling, comparing own life to others "highlight reel", engaging in arguments that you know will go nowhere
    • "What outcome am I expecting?"
    • "Is this healthy for my well-being?"

"The percentage of respondents who reported having seriously considered suicide in the 30 days before completing the survey (10.7%, approx. 55 individuals) was significantly higher among respondents aged 18-24 years, minority racial/ethnic groups, self-reported unpaid caregivers for adults, and essential workers."

90-95% of respondents had no previous treatment for anxiety or depression disorders
U.S. Domestic Violence Rates

Alarming trends in US domestic violence during the COVID-19 pandemic

<table>
<thead>
<tr>
<th>Location</th>
<th>Percent Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jefferson, Alabama</td>
<td>27%</td>
</tr>
<tr>
<td>Portland, Oregon</td>
<td>23%</td>
</tr>
<tr>
<td>San Antonio, Texas</td>
<td>19%</td>
</tr>
<tr>
<td>New York City</td>
<td>10%</td>
</tr>
</tbody>
</table>

• FSU Employee Assistance Program
  • https://eap.fsu.edu/
    • Counseling Services

• CDC

• SAMHSA (substance abuse and mental health services admin)
  • 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor
HERE ARE SOME IDEAS

• Talk to someone you trust.
  • Call/facetime a friend. Plan weekly friend zoom.
  • Meet at a park or in your yard.
  • Have brunch, lunch, dinner
    • Have kids? Takeout picnics with friends who are in the same boat or don’t mind the chaos*

• Self-care, treat yourself.
  • Coffee, tea, or drink of choice
  • Swap massages with your roommate, partner, spouse, friend
  • Put music on, write, draw

• Active outlets for frustration/anxiety
  • Walk/run, zoom fitness class, yoga
  • Go to a park or greenway and walk or sit in peace (Tom Brown, Cascades, Piney Z)
  • Paddle one of the beautiful waterways here (Lake Bradford @ the REZ, Wacissa, etc.)
  • Visit Tallahassee Museum ($55 annual pass for 4)

*There is of course a spectrum of what each individual feels comfortable with. These are ideas to reach everyone while being respectful of safety guidelines *
When you are able, be the listener you wish you had

Empathy Goes a Long Way

Check on a friend, family member, colleague, student...

Ask an open ended-question...ex.

"What are you most looking forward to post-pandemic?"
"What is one thing that would make your day to day easier?"


Feeling HEARD is invaluable!

Coach Tips:

• Avoid Interrupting.

• Avoid responding with "I had the same thing happen..." (it shifts the focus from them to you and your story. Remember, right now, it's about them, not you.)

• Avoid topping the struggle/story with something bigger
WELLNESS AT WORK

“Customize your desk with motivational posters, pictures of your loved ones, or a scene that makes you feel calm and measured.”
Carry Over to Work Wellness

- Get dressed!
- Create a home office space
  - Office hours
- Stick to a schedule...mostly
  - Share Google calendar
  - Write out the week on dry-erase
- Write a daily to-do list
- Sit down and create budget/Try budget app (MINT etc)
- Acknowledge each other on projects, share current work goals
- SHOW APPRECIATION
  - 3 in 10 employees feel appreciated at work**

**https://www.tinypulse.com/blog/50-employee-recognition-phrases; taken from Career Builder survey
Start Small.

- Scale back if initial thought is lower.
- Ex. "I will walk for 10 minutes on Tuesday and Thursday morning" if you have kids, take them with you. Go on a scavenger hunt.

Must be at least 7 on 1-10 scale

If you miss the goal one week, don't beat yourself up!

- Is this doable
- What were the hurdles
- How can I meet this goal next week?
- Do I need to adjust

Re-assess

<table>
<thead>
<tr>
<th>Specific</th>
<th>Measurable</th>
<th>Achievable</th>
<th>Realistic</th>
<th>Timely</th>
</tr>
</thead>
<tbody>
<tr>
<td>What do you want to do?</td>
<td>How will you know when you’ve reached it?</td>
<td>Is it in your power to accomplish it?</td>
<td>Can you realistically achieve it?</td>
<td>When exactly do you want to accomplish it?</td>
</tr>
</tbody>
</table>
Before bed or first thing in AM set at least 1 goal to accomplish for the day.

- Write it down
- Cross it off when completed
- Increase your self-esteem and self-efficacy
- Give yourself a pat on the back:

- Mental Health America YouTube Channel Webinars
  - [https://www.youtube.com/watch?v=Fd60yDSLOEY](https://www.youtube.com/watch?v=Fd60yDSLOEY)
Self-care includes setting boundaries, protecting our emotional space & personal time, & creating balance between personal life, connecting with loved ones and dedicating time to things that sustain us.

Learn to say NO!
"You can't pour from an empty cup"
"A plethora of epidemiologic evidence... supports unequivocally an inverse, independent, and graded association between volume of physical activity, health, and cardiovascular and overall mortality." - Kokkinos et al. Physical Activity, Health Benefits, and Mortality Risk. ISRN Cardiology 2012

"Walking is man’s best medicine”
Hippocrates
Exercise, Immunity, and EIM

"Each bout of exercise, particularly whole-body dynamic cardiorespiratory exercise, instantaneously mobilizes literally billions of immune cells" - Richard J. Simpson, Ph.D., FACSM

• Hurdles
  • Work/Homelife Balance x 1000
  • Relationship Strains
  • Social Isolation
  • Gym closures and restrictions
  • Overall Increased stress
    • Elevated glucocorticoids, particularly cortisol can inhibit critical functions of immune system and therefore body's ability to fight infection

Currently, no scientific data (published) currently exists regarding the effects of exercise on COVID-19 however...

Physical fitness matters!

**Fitness for Your Future**

- Retrospective longitudinal cohort study 2000-2010
  - 1100 firefighters aged 18 and older
  - Baseline and periodic physicals, max push-up test, and CVD fitness test performed 2000-2007
  - CONCLUSIONS: Participants able to complete ≥ 40 push-ups had significantly lower incident of CVD event compared to those able to complete ≤ 10 push-ups
  - *CVDS outcomes through 2010 including incident diagnoses of CAD and other major CVD events

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Yang, MD, MPH Et al. JAMA 2019
Here are a few ideas...
The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. COVID-19 is spread by someone sneezing or coughing into the air or onto a surface, and then the virus enters and infects a new person through their mouth, nose or eyes. The most up-to-date information about COVID-19 can be found on the Centers for Disease Control and Prevention (CDC) website: [https://www.cdc.gov/coronavirus/2019-ncov/about/index.html](https://www.cdc.gov/coronavirus/2019-ncov/about/index.html).

Based on what we know about how the virus moves from one person to another, it is recommended to avoid public gatherings and keep a social distance of 6 feet or more. That, along with advice related to personal care (hand washing, not touching your face) has created concerns about exercising in gyms, where hundreds of people are in and out every day.

Those at greatest risk for severe complications of COVID-19 are:
- older adults (age 65 and older)
- people with chronic diseases (such as diabetes, heart disease and lung disease)
- those with compromised immune systems (such as those going through cancer treatment or with HIV)

These individuals (and those under "shelter in place" orders) should avoid gyms altogether and exercise at home or in their neighborhood.

For all of us, young and old, regular physical activity is important for staying healthy! Compared to just sitting around most of the time, moderate-intensity physical activity is associated with better immune function. Regular physical activity can help reduce your feelings of stress and anxiety (which many of us may be feeling in the wake of the COVID-19 pandemic).

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. Fit in 2, 5, 10 or 20 minutes, however and wherever you can. Every active minute counts!

The following are some strategies to maintain physical activity and fitness.

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**Aerobic Activities**

**Indoor Activities**
- Put some music on and walk briskly around the house or up and down the stairs for 10-15 minutes, 2-3 times per day.
- Dance to your favorite music.
- Jump rope (if your joints can handle it).
- Do an exercise video.
- Use home cardio machines if you have them.

**Outdoor Activities** (if allowed by your government)
- Walk or jog around your neighborhood. Stay 6 feet away from others.
- Be active in a local park. Spending time in nature may enhance immune function.
- Wash your hands when you get home.
- Go for a bicycle ride.
- Do gardening and lawn work (spring is around the corner!)
- Play active games with your family.

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**Strength Training**

- Download a strength workout app to your smartphone, such as the 7-Minute Workout (no equipment necessary).
- Do a strength training video.
- Perform yoga - deep breathing and mindfulness can also reduce anxiety.

Don’t sit all day! For example, if watching TV, get up during every commercial (or periodically) and do a lap around your home or an active chore. For example, throw some clothes in the laundry, do the dishes or take out the garbage. Feel productive after just one show!

Here are current answers to frequently asked questions about physical activity and exercise and COVID-19:

**I’m under quarantine but not infected. Should I limit my physical activity?**

- There are no recommendations at this time to limit physical activity if you do not have any symptoms.
- Contact your healthcare provider if you develop a cough, fever or shortness of breath.

**Will exercise help prevent me from getting the virus?**

- Moderate-intensity physical activity can boost your immune system. However, high-intensity high-volume training may suppress immune function especially if you are unaccustomed to it. Balance your workout program.

**What if my kids are home with me?**

- Being active with kids is the most fun all the time activities that you can do together - an active game video, basketball in the driveway, go for a walk in the neighborhood.

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**Are there precautions I should take?**

- The most important strategy to prevent infection is to avoid coming into contact with others who are infected with COVID-19.

**What if I start to have symptoms?**

- If you begin to have symptoms, follow CDC recommendations. As these recommendations are changing, below is a link to the CDC Symptoms webpage: [https://www.cdc.gov/coronavirus/2019-ncov/symptoms-prevention/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-prevention/symptoms.html)

**I'm under quarantine and infected. Should I limit my physical activity?**

- People who are infected, but without symptoms, can continue light to moderate intensity activity, but need to use symptoms as a guide. Maintain quarantine to prevent spreading the coronavirus to others. If you develop fever, cough or shortness of breath, stop physical activity and reach out to your doctor or healthcare provider.
Keeping Children Active during the Coronavirus Pandemic

Schools and community centers are closed. Sports leagues are suspended. Children are home all day. How can parents keep their children active during the coronavirus (COVID-19) pandemic — and maintain their sanity?

To prevent getting COVID-19, it’s vital to take steps to protect yourself, your family and others. We all should follow recommendations around social distancing, hand washing, not touching our faces, etc. Social distancing means staying 6 feet away from others outside your home (or anyone in your home who is sick). It’s also important to stay active. Physical activity boosts the immune system, promotes health, and relieves stress. Being active can decrease behavior problems in children and help them concentrate better on their schoolwork.


Physical Activity Guidelines in a Nutshell

**Ages 3-5:** Preschool-aged children should be active for a total of 3 hours each day or different intensities: light, moderate or vigorous.

**Ages 6-12:** Kids need 60 minutes of physical activity every day. This includes activity for their hearts, muscles, and bones. Exercise should be vigorous on 3 days of the week. Children can do 5 or 10 minutes several times a day or play for 30-60 minutes once or twice. Every active minute counts!

Make family time active time! Schedule movement breaks and active play into your daily routine.

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**Indoor Options**

- **Active gaming and online resources to get kids moving:**
  - Yoga: [cocomickets.com/category/watch/](https://cocomickets.com/category/watch/)
  - (Go on yoga adventures)
  - Active indoor videos: [family.goanoodle.com](https://family.goanoodle.com)
  - Short, fun videos to dance and move to
  - Active fun for Families/Social Distancing: [openphysed.org/activeschools/activetime](https://openphysed.org/activeschools/activetime)
  - Many activity ideas and lesson plans

  - Playworks Play at Home Playbook and Live Recess Broadcast: [playworks.org/getinvolved/playathome](https://playworks.org/getinvolved/playathome)

- **Backyard Ideas and Games:**
  - Kids can do anything active in the backyard if it’s with their siblings. Set up a soccer goal, play tag or dodge ball. Try jump rope or double dutch.
  - Other active games:
    - Obstacle course
    - Hide and Seek
    - Egg hunt (Hide plastic eggs or other plastic toys and have kids search for them — also works indoors)

- **Outdoor Activities in a Park or the Neighborhood:**
  - Practice drills (for any sport) to help young athletes stay sharp and develop their skills. Avoid games where it's easy to break the social distancing rules.
  - Explore the trails at a local park. Nature can help relieve stress and strengthen the immune system.
  - Walk the dog every day as a family. The pooch needs to get out of the house too!
Set Activity Goals Each Week
(Think back to the SMART Goals)

- US Dept Health Human Services
  - https://health.gov/moveyourway/activity-planner
- Under Armour My Fitness Pal
  - https://www.myfitnesspal.com/
- Fitbit, Apple Watch, etc.
Virtual Group Ex and Personal Training

• ACTIVE ANYWHERE PAGE
• [https://campusrec.fsu.edu/active-anywhere/](https://campusrec.fsu.edu/active-anywhere/)
  • Take classes via zoom (all you need is an active FSU zoom account)

### In-Person Group Fitness

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>CLASS</th>
<th>ZOOM ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am</td>
<td>Mat Pilates 45</td>
<td>995 2928 5547</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Yoga</td>
<td>947 0649 6955</td>
</tr>
<tr>
<td>4:00 pm</td>
<td>Cardio Burn &amp; Firm</td>
<td>949 2903 7326</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>HIIT 30</td>
<td>949 6105 2675</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Dance! 45</td>
<td>922 0780 3351</td>
</tr>
</tbody>
</table>

Fall 2020 In-Person Schedule

Break a sweat and find community with group fitness. Classes are socially distanced, and hosted outdoors. Register in the FSU Rec app. Note the location of your class, as different classes have different locations.

Fall Schedule: Effective Tuesday, September 8th

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>CLASS</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 am</td>
<td>Spin 45</td>
<td>Leach Back Deck</td>
</tr>
<tr>
<td>8:30 am</td>
<td>F45</td>
<td>Harkins Field</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Spin 45</td>
<td>Leach Back Deck</td>
</tr>
<tr>
<td>10:00 am</td>
<td>TRX Circuit</td>
<td>TRX Frame</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Total Body Express</td>
<td>Leach Back Deck</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>F45</td>
<td>Main Campus Fields</td>
</tr>
</tbody>
</table>
MOVE.

Whether 30 seconds, 1 or 10 minutes. It all counts!

• FSU Family: Both former Campus Rec Fitness Coordinators)
  • Heather Hamilton
  • https://www.barpathfitness.com/
  • @barpathfitness
    • Lifting focus: form, mythbusting, nutrition tips, HIIT and stretching tips
  • Lauren George Fitness
  • https://www.laurengfitness.com/
  • @laurengeorgefitness
    • Barre exercises: body weight, bands, Light dumbbells
• Extreme Hip Hop Step-Phil Weeden
  - [www.xtremehiphopwithphil.com](http://www.xtremehiphopwithphil.com)
  - [thegiftd1](https://www.instagram.com/thegiftd1)

• Yoga Girl-Rachel Brathen
  - [yoga_girl](https://www.instagram.com/yoga_girl)
FUEL YOUR BODY
“Let food be thy medicine and medicine be thy food.” - Hippocrates

To date, there is no single food or natural remedy that has been proven to prevent COVID-19 infections however...

- Certain dietary patterns (e.g. Mediterranean diet) are synonymous with anti-inflammatory and immunomodulatory properties
  - fruits
  - vegetables,
  - legumes,
  - olive oil,
  - whole grains,
  - nuts, and monounsaturated fats
  - low-to-moderate consumptions of:
    - fermented dairy products, fish, poultry, wine, and, lastly, low consumptions of processed and red meats

Fsuchaw, fsuissm, nole_fuel
Veggiesandchocolate, kids.eat.in.color

Zabetakis, I. et al. COVID-19: The Inflammation Link and the Role of Nutrition in Potential Mitigation, Nutrient 2020
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7284818/
• 2 WEEK SAMPLE MEAL PLAN
  • https://choosemyplate-prod.azureedge.net/sites/default/files/2WeekMenusAndFoodGro upContent.pdf

• 2 WEEK COOKBOOK
  • https://choosemyplate-prod.azureedge.net/sites/default/files/2WeekMenuCookbook.pdf
COOK LESS, STRESS LESS

• BULK PREP CERTAIN ITEMS
  • CHICKEN, TACO MEAT
  • CASSEROLES THAT LAST

• USE THAT GLORIOUS INVENTION CALLED YOUR CROCK/INSTAPOT!!

• IF YOU ARE A PARENT, LEARN THE "KIDS EAT FREE" LOCATIONS
  • HTTPS://TALLAHASSEE.CITYMOMSBLOG.COM/IN-AROUND-TALLAHASSEE/DINING-OUT/TALLAHASSEE-KIDS-EAT-FREE-GUIDE/

*SIDE NOTE: $8.99/MONTH UNLIMITED COFFEE AT PANERA
Family Friendly Smoothies

- 1.5 to 2 cups frozen mixed berries
- 1 sliced cooked beet
- ½ banana
- ½ to 1 cup vanilla or plain Greek yogurt
- 1 cup or so water (add for desired consistency)

- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- Large handful fresh spinach or kale
- ½ to 1 cup vanilla or plain Greek yogurt
- 1 cup or so water
- Optional: ½ avocado for healthy fats and creamy taste
QUICK AND EASY
EGG BAKES

• 12 muffin pan
• Bake for 20-30 minutes at 400 degrees
• Ingredients
  • Pam
  • 12 Eggs
  • ½ bell pepper and onion
  • Shredded cheese
• Spray each tin with Pam
• Dice pepper and onion and sprinkle into bottom of each tin
• Crack 1 egg into each tin
• Sprinkle with cheese
• BAKE AND ENJOY!
Taco Salad

- 1 lb ground beef, turkey, tofu, etc. Cooked
- 1 packet taco seasoning, low-sodium
- Fill plate with spinach and following (or your favorites):
  - Tomatoes
  - Avocado
  - Bell peppers
  - Black beans, corn
  - Shredded cheese
  - Salsa
  - Try plain Greek yogurt instead of sour cream
  - Crumbled tortilla chips
TAKEAWAYS...

• Emotional/Mental Health
  • THIS IS HARD. Go easy on yourself
  • Use your support network. Ask for help.

• Workplace Wellness
  • Stick to a routine as much as you can
  • Write your to-do list/Set weekly goals
  • Set boundaries for home and work

• Fitness and Nutrition
  • The better health you are in to start, the better your recovery will be in nearly all cases.
  • Make it a priority, no matter what
  • Explore the resources around you
  • TAKE CARE OF YOU SO YOU CAN TAKE CARE OF YOUR TRIBE!
The Power of Knowledge

• WHO help:
  • MAIN PAGE:
    • https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public
  • MENTAL:
    • https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health
  • PARENTING:
    • https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-parenting
  • TOBACCO USE:
    • https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---quitting-tobacco&publication=9241506939
Resource Links

- Johns Hopkins University and Medicine Coronavirus Resource Center:

- High School/Collegiate Return to Sport ACSM

- EIM-ACSM’s exercise is medicine tips and resources
# Florida State University
Research Volunteers Needed

<table>
<thead>
<tr>
<th>Study</th>
<th>Purpose</th>
<th>Who can participate</th>
<th>Compensation</th>
<th>Contact</th>
</tr>
</thead>
</table>
| **Almond Study** | To examine how functional performance, vascular health, and sleep are affected by almond consumption | - Men and women aged 55-59 years  
- Participates in physical activity (30 min for 3x/week)  
- No major health issues, non-smokers  
- Does not consume > 50 almonds/week | $200 after study completion | Lauren Ormsbee: (850)-644-4889 or ormsbee@fsu.edu |
| **Creatine Study** | To examine the impact of creatine supplementation on vascular function, oxidative stress, physical and cognitive performance | - Men and women aged 50-60 years  
- No major health issues, non-smokers  
- Not participating in >90 minutes/week high intensity or vigorous activity | Up to $100 after study completion | Holly Clarke: (334) 333-7068 or hec17e@my.fsu.edu |
| **Potato Study**    | To examine the effects of potato consumption on glycemic control, blood pressure, lipid profiles, inflammation, and vascular function | - Men and postmenopausal women aged 45-59 years  
- Have type 2 diabetes (non-insulin dependent)  
- Not participating in a weight loss program | $100 after study completion | Dr. Neda Akhavan: (850)-243-9794 or ns008@my.fsu.edu |

Visits will take place at Florida State University. Free parking will be provided in reserved spaces.
Thank you!