

How did the week go for you?

Did you use any strategies related to nutrition?

What positive impacts did you notice from using new tools and strategies?

Stress and Resilience in a COVID World

5-part Webinar Series



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Stress and Resilience in a Covid World: Healthy Habits, Physical Activity and Sleep



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- **Information Disclaimer**

The information provided in this presentation is only intended to be general summary information to the public. The primary purpose of this presentation is educational. Nothing contained in this presentation is, or should be considered or used, as a substitute for medical advice, diagnosis or treatment.



Habit

- What is a habit
- Changing habits

Sleep

- Why we need sleep
- Impact from covid

Physical Activity

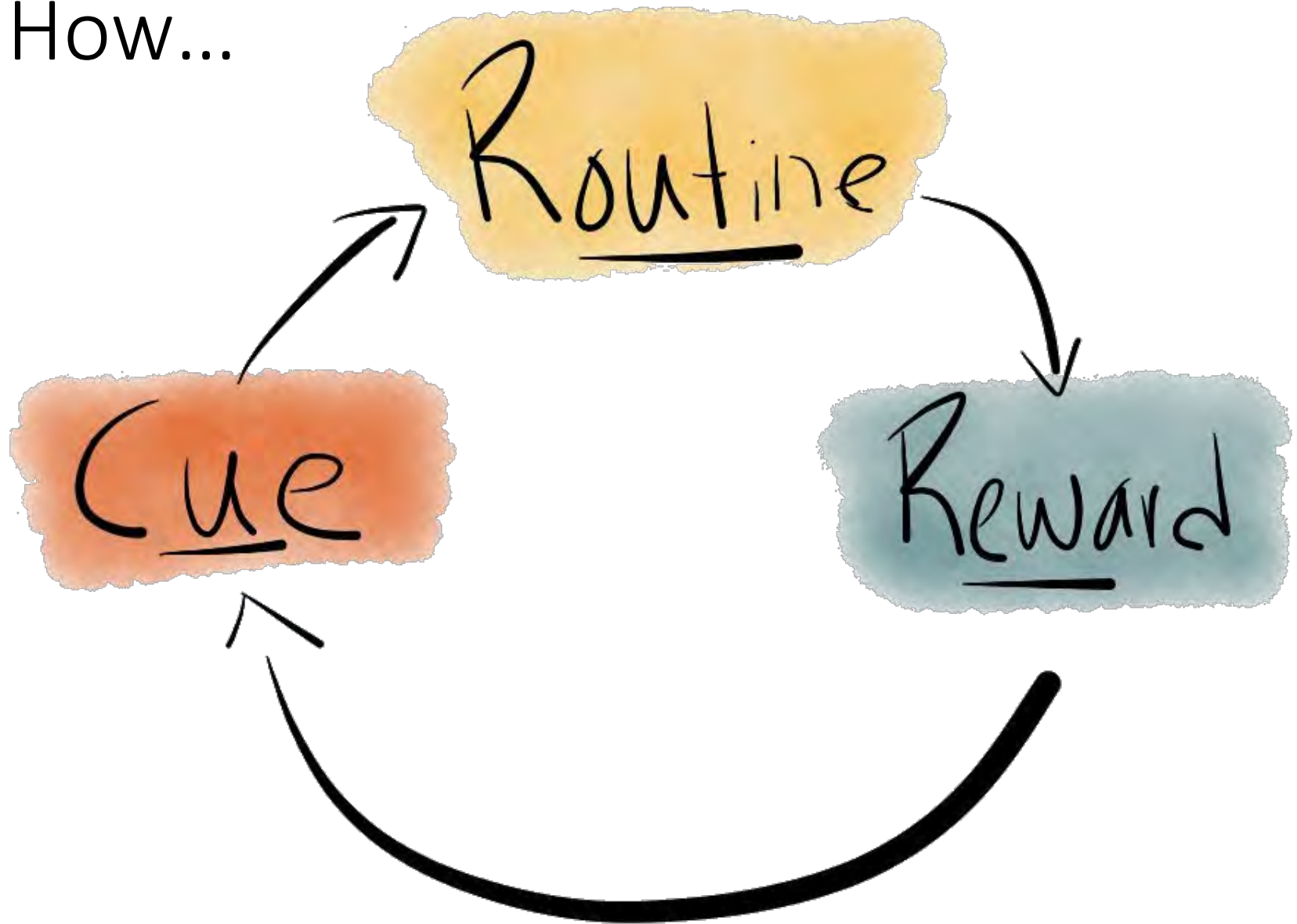
- Benefits
- Impact from covid



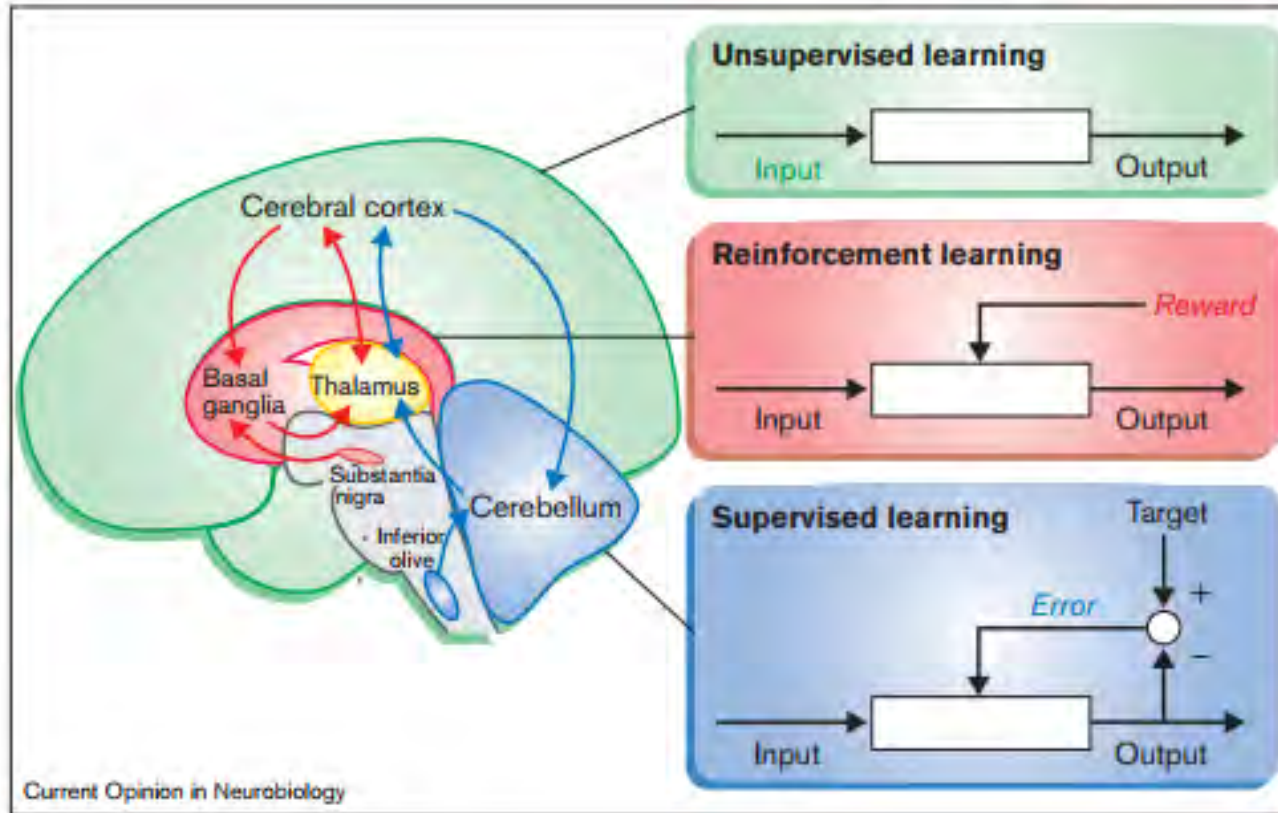
What...

- Habit defined as...
 - A settled tendency or usual manner of behavior
 - Something you do often or regularly
 - Behavior repeated so often it becomes automatic

How...



Basal ganglia – part of brain where habits are formed



- Habit...
 - Your brain can't differentiate between good or bad
 - You can't get rid of an unhelpful habit, only change it to a helpful one
 - You spend 1 out of every 2 minutes doing something that you were not even aware of!



Breaking habits...

Identify your trigger(s)

Alter your environment

Find an accountability partner

Reward system

Trade unhelpful habits for helpful ones

Patience (research suggests anywhere from 18 to 254 days)

Consistency

Goal to work towards (purpose)



MY HABITS

It's time to start a new habit!

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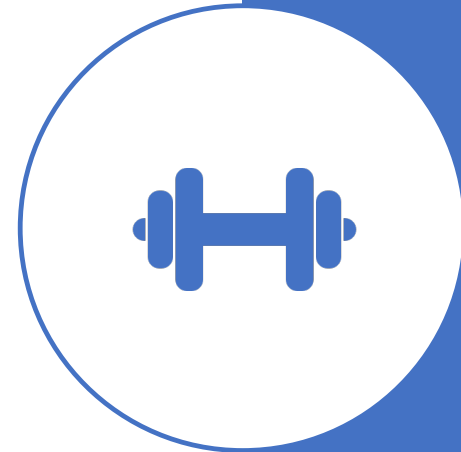
Physical Activity or Exercise



**“Running is bad for my knees.
Not running is bad for everything else!”**

How much...

- Strive for 150 minutes of moderate – vigorous activity
 - Aerobic
 - 150 minutes a week (walk, swim, dance, bicycling, hiking...)
 - Resistance
 - 8-12 reps three sets 2-3 times a week
 - Body, hand weights, resistant bands
 - Flexibility
 - Incorporate daily
 - Yoga, Tai Chi, Pilates



Benefits...



Improve immune system



Improve sleep



Reduce risk for certain cancers



Improve strength



Reduce risk of falling



Improve focus



Improve mood



Reduce risk for chronic conditions

Covid-19 impact on p.a.

- Closure of gyms, parks, and community centers
- Reduction in p.a.
- Increase in sedentary behaviors



Getting active...

Start gradually

Schedule it

Find support group

Get outdoors

If recovering from Covid – speak to your healthcare provider

Practice good hygiene



SLEEP???

WHAT'S SLEEP?

makeameme.org



Recommended hours of sleep:

Age 65+ → 7-8 hours

Age 18-64 → 7-9 hours

Age 14-17 → 8-10 hours

Age 6-13 → 9-11 hours

Age 1-5 → 10-14 hours

Newborns → 14-17 hours

Why do we need sleep...

- Body to repair and rejuvenate
- Healthy immune system
- Brain
 - Repair
 - Memories
 - Storing information
 - Downtime for the prefrontal cortex



Sleep deprivation

Mood

Raises blood pressure and heart rate

Can cause weight gain

Linked to cardiovascular problems

Increased risk of Alzheimer's

Alters brain function

Covid and Sleep...



Disrupted circadian rhythm

Being stuck indoors
Change in when we wake-up and go to bed



Increased stress

Finances
Covid news



Change in sleeping behaviors

Work environment
Staying
Wake and sleep times

Tips for a better sleep:

- Routine
- Evening walks
- Get up at the same time
- Cool dark room
- Relaxing bath
- Unwind 1 hour before bed
- Avoid blue light
- Avoid heavy foods
- Avoid vigorous exercise 2 hours before
- Avoid alcohol and caffeine



Fun facts about sleep:

People can take cat naps with their eyes open without even knowing it.

Adults who don't get enough sleep tend to act sluggish, but sleep-deprived children may be hyperactive.

Humans spend about a third of their lives asleep.

One in five adults fail to get enough sleep.

Most dreams involve normal situations with familiar people; bizarre, fantastic or intense dreams are rare.

A change in the body clock keeps most teens from feeling sleepy until 11 p.m. or later.

Mild snoring is nearly universal - almost everyone is likely to snore at one time or another.

More than half of adults report having nightmares occasionally.

The first CPAP machines for the disorder sleep apnea were made from vacuum cleaners.

Drinking caffeine during the day can affect how you sleep at night.

Sleepwalking tends to be a fairly normal part of a child's early sleep patterns.

No one knows if other species dream but some do have sleep cycles similar to humans.

Elephants can sleep while standing or while lying on the ground.

Children tend to fall asleep faster and sleep longer when they go to bed before 9 p.m.

We spend a third of our life sleeping, someone age 75 has spent 25 years sleeping

Session 5 and Overall Survey

https://acesnmsu.az1.qualtrics.com/jfe/form/SV_bEfRxGCKwdbhPIq

Stress and Resilience in a COVID World Website

<https://aces.nmsu.edu/covid19/resilience>

Resources

- Paths to Health and EFCS programs

<https://survey.nmsu.edu/surveys/?s=9PLL9TL97A>