

## TODAY'S PREVENTION TIPS/HELPFUL RESOURCES



### Burnout /Stressed out questions of the week.

Are you skipping meals? Over-eating? Stress eating?

Are you drinking too much?

Have you made time for some self-care? Have you been out for a walk?

### EATING. SLEEPING. PHYSICAL ACTIVITY. SUPPORTS WHEN I NEED THEM.

Over the past month, we have been bombarded with information on immune-boosting supplements, weight loss diets, and other fads. Many of these claims are false and misleading.

A diet that is rich in a variety of fruit and vegetables, whole grains and protein foods supports normal immune system function. In addition, other lifestyle habits such as physical activity, adequate sleep, stress management and not smoking will promote a well-functioning immune system. There is no single food or supplement that will prevent you from catching Covid 19.

Your eating will change in response to your hunger, daily schedule, foods available and feelings. This is a very stressful time for everyone and eating is one of the things we have control over. Use this time to:

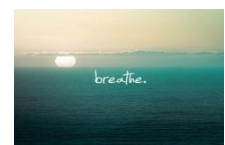
- Eat to feel good and trust your body to know what it needs
- Give yourself permission to enjoy a treat, guilt-free
- Move your body to feel good
- Try a new hobby or revisit an old hobby
- Spend virtual time with family and friends



For more information on nutrition and healthy eating, visit Health Canada's, Canada's Food Guide ([www.canada.ca/foodguide](http://www.canada.ca/foodguide)) or UnlockFood.ca ([www.unlockfood.ca](http://www.unlockfood.ca)).

### Tips for Grocery Shopping during Covid 19

- 1) **Take Inventory:** Check your cupboards, fridge and freezer to get an idea of which foods should be eaten up before you head to the store.
- 2) **Plan it Out:** Create a rough meal plan for the week and use this plan to create a shopping list. Group together similar items on your list so that you can smoothly walk through the store to gather your items in order.
- 3) **Be respectful of physical distance:** Maintain a 2 metre distance between fellow shoppers. Be patient and refrain from passing people in the aisles.
- 4) **Refrain from Panic Buying:** It's easier on the supply chain if you gradually build-up your pantry items. To do this, add a few extra items to your cart each time you shop. Good items to have on hand include frozen or canned vegetables and fruits, canned or dried beans and legumes, canned soups, pasta and pasta sauce.
- 5) **Remain Calm:** Take a few deep breaths. This is a stressful time for everyone. Follow the advice above to stay organized and prepared while shopping.



**Do I need to disinfect my food?** No reported cases of COVID-19 have been linked to the contamination of food or food packaging. The best way to protect yourself and others is to wash your hands, refrain from touching your face, and maintain proper physical distancing. Follow the advice issued by the Government of Canada and public health officials. Professor Jeff Farber from the University of Guelph offers tips for safe grocery shopping amid the Covid 19 pandemic: <https://www.youtube.com/watch?v=snnpNx6gRIY>

## Sleep Hygiene Tips



**Limiting daytime naps to 30 minutes.** Napping does not make up for inadequate nighttime sleep. However, a short nap of 20-30 minutes can help to improve mood, alertness and performance.

**Avoiding stimulants such as caffeine and nicotine close to bedtime.** And when it comes to alcohol, moderation is key<sup>4</sup>. While alcohol is well-known to help you fall asleep faster, too much close to bedtime can disrupt sleep in the second half of the night as the body begins to process the alcohol.

**Steering clear of food that can be disruptive right before sleep.** Heavy or rich foods, fatty or fried meals, spicy dishes, citrus fruits, and carbonated drinks can trigger indigestion for some people. When this occurs close to bedtime, it can lead to painful heartburn that disrupts sleep.

**Ensuring adequate exposure to natural light.** This is particularly important for individuals who may not venture outside frequently. Exposure to sunlight during the day, as well as darkness at night, helps to maintain a healthy sleep-wake cycle.

**Establishing a regular relaxing bedtime routine.** A regular nightly routine helps the body recognize that it is bedtime. This could include taking warm shower or bath, reading a book, or light stretches. When possible, try to avoid emotionally upsetting conversations and activities before attempting to sleep.

**Making sure that the sleep environment is pleasant.** Mattress and pillows should be comfortable. The bedroom should be cool – between 60 and 67 degrees – for optimal sleep. Bright light from lamps, cell phone and TV screens can make it difficult to fall asleep, so turn those light off or adjust them when possible. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, fans and other devices that can make the bedroom more relaxing.

### LET'S GET PHYSICAL

Youtube has infinite workouts for all ranges of levels.

Kids fun - <https://www.youtube.com/watch?v=cvMbkw2572k>

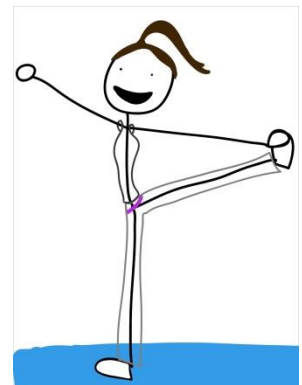
Beginners and seniors - <https://www.youtube.com/watch?v=7aHK2sgjBCM>

Cardio and body strength - <https://www.youtube.com/watch?v=TER1wEbaOYc>

Other virtual fitness hosts, look for Leslie Sansone

Something fun from local features AND virtual, so anyone can join-

<https://www.northperth.ca/en/our-community/virtual-programming-hub.aspx>



## Self Care for Professionals



<https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals>

Resources for health professionals self care, connecting with other professionals and information on how to join the self-care groups.

## Recipe: Tofu Stir Fry

Try your hand at this simple and delicious stir-fry that can be modified based on the ingredients you have in your home. If you haven't cooked with tofu yet, this is a great introductory recipe.

Recipe adapted from Minimalist Baker's "Tofu that tastes good: stir fry"  
[\(https://minimalistbaker.com/tofu-that-tastes-good-stir-fry/\)](https://minimalistbaker.com/tofu-that-tastes-good-stir-fry/)

**Servings: 4**



Ingredients	Directions
<p><u>Stir fry:</u></p> <p>1, 14oz package extra firm tofu*</p> <p>4 cups vegetables of choice** (fresh or frozen)</p> <p>2 tbsp sesame oil for sautéing</p> <p><u>Sauce:</u></p> <p>1/4 cup low-sodium soy sauce</p> <p>1 tbsp fresh grated ginger</p> <p>1 tbsp brown sugar</p> <p>1 tbsp maple syrup (or honey)</p> <p>1 tbsp cornstarch</p> <p>Sriracha to taste (optional)</p> <p><u>Base:</u></p> <p>1 cup brown or white rice, uncooked (you can substitute rice for noodles depending on your preference).</p>	<ol style="list-style-type: none"> <li>1. Preheat the oven to 400 degrees F.</li> <li>2. Remove your tofu from its package and wrap it in a towel. Place a heavy book or pot on top and let the tofu dry out for about 15 minutes. Once dry, unwrap from the towel and chop into 1-inch cubes or rectangles.</li> <li>3. Arrange tofu on a lightly greased or parchment-lined baking sheet and bake for 25-30 minutes, flipping once halfway through. Remove from the oven and set aside.</li> <li>4. Wash and chop your vegetables (if using raw).</li> <li>5. If serving rice, start the rice at this point and cook according to package directions.</li> <li>6. In a small bowl, whisk together all of the sauce ingredients and set aside.</li> <li>7. Add sesame oil to a large skillet and preheat over medium-high heat. Add the vegetables and cook for 5-7 minutes, stirring often.</li> <li>8. Once the vegetables have softened, add the sauce and stir. It should bubble and thicken.</li> <li>9. Add the tofu to the pan and continue cooking the mixture for 3-5 minutes, stirring often. Add a small amount of water if the sauce becomes too thick.</li> <li>10. Remove from heat and stir immediately over rice or noodles.</li> </ol> <p><i>*Not a tofu fan? Substitute chicken, beef or shrimp instead.</i></p> <p><i>**Any assortment of veggies would taste great in this stir fry! Enjoy a combination of any of the following: broccoli, bell peppers, onion, mushrooms, carrots and green beans.</i></p>

**Other Recipes:** Budget Bytes - 200+ Recipe Ideas for Pantry Staple Ingredients:  
<https://www.budgetbytes.com/recipe-ideas-pantry-staples/>