

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



NEW JERSEY SELF-ADVOCACY PROJECT



STAY HEALTHY

AT HOME:

STRESS

MANAGEMENT &

OUTDOOR

SAFETY TIPS

STAY HEALTHY AT HOME WEBINAR SERIES

WEEK 4: APRIL 28, 2020 FROM 2 - 3 PM

INTRODUCTION



- ▶ I am a Training and Technical Assistance Coordinator of the [New Jersey Self-Advocacy Project \(NJSAP\)](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel

Healthy Lifestyles Project

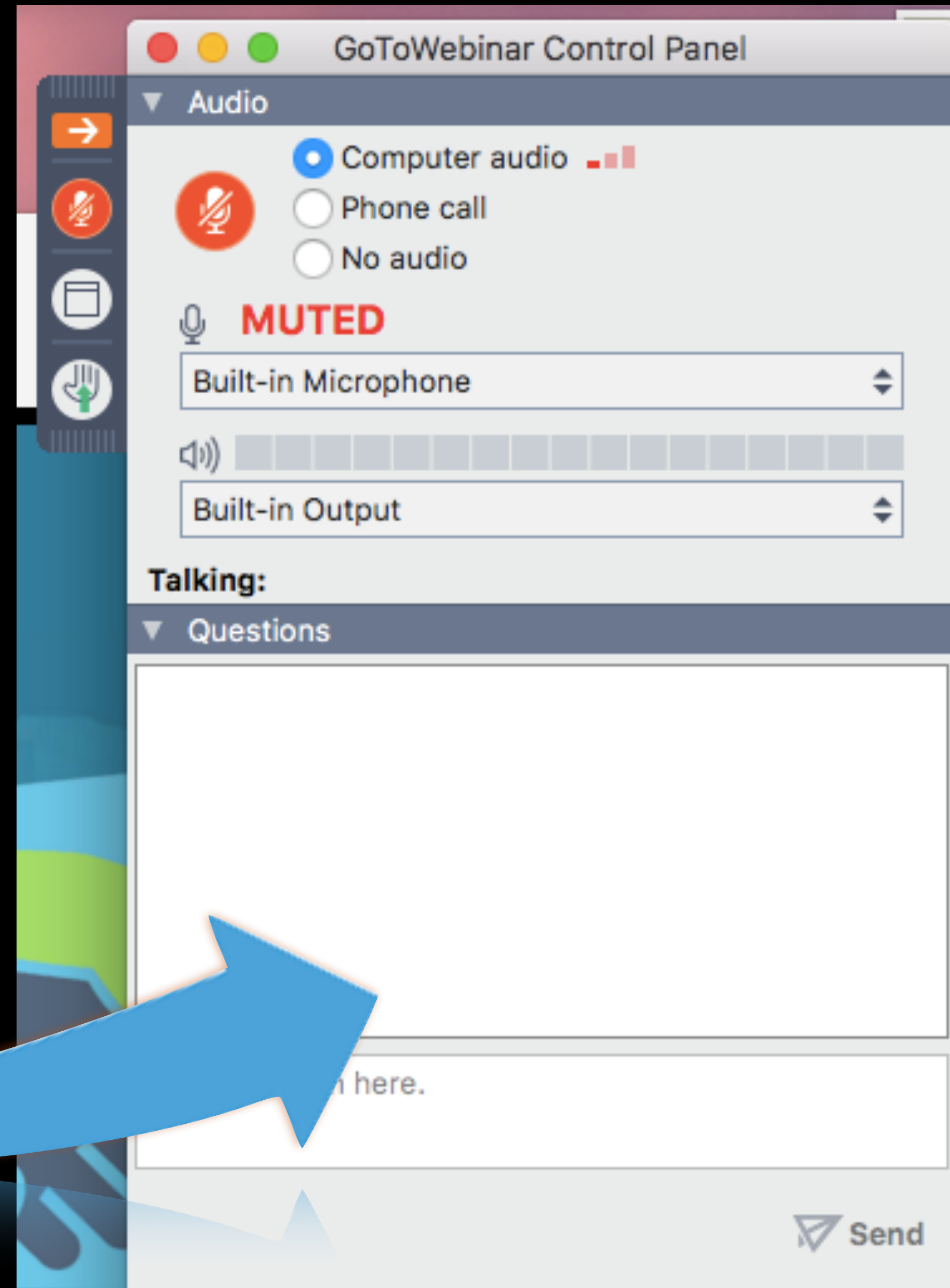
improving health, improving lives

The New Jersey Self-Advocacy Project has partnered with The Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. The New Jersey Self-Advocacy Project Team will visit your location and provide free workshops on the following topics:



www.HealthyLifestylesProject.org for more information and resources

TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE
**QUESTIONS
BOX**



TODAY WE WILL DISCUSS:

- Identifying stress in your body
- Ways to manage stress levels
- Staying healthy
- Stress relieving techniques
- Staying engaged during stay at home order
- Outdoor Safety

DEFINING STRESS:

- A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.



DEFINING ANXIETY

- A feeling of worry, nervousness or unease. Typically about an imminent event or something with an uncertain outcome.



CAUSES OF STRESS & ANXIETY

- Life changes
- Fear
- Traumatic event
- Illness or injury
- Unhealthy diet
- Not getting enough sleep
- Financial issues
- Hormones
- Daily events (weather, traffic, arguments, work)

HOW IT CAN AFFECT YOUR BODY

- Headache

- Fatigue

- Difficulty sleeping

- Difficulty concentrating

- Upset stomach

- Irritability

- Depression

- High blood pressure

- Weight fluctuations

- Skin issues

- Heart beat racing

- Muscle aches or pains

TALK OR WRITE ABOUT YOUR ACCOMPLISHMENTS

- Getting up out of bed in the morning
- Brushing your teeth
- Taking a shower
- A balanced meal
- Finding movement in your body
- Reaching out to a loved one
- Learning something new
- Helping someone
- Following rules





MAINTAIN YOUR ROUTINE

- Wake up at reasonable time
- Brush your teeth
- Shower
- Wear deodorant
- Change your clothes
- Eat meals at usual times
- Get active
- Connect with friends or family
- Go to bed at a reasonable time

BREATH

- Breathing regulates your heart rate and blood pressure
- Average person takes about 17,000-30,000 breaths per day!
- The 5-5-5 breathing activity



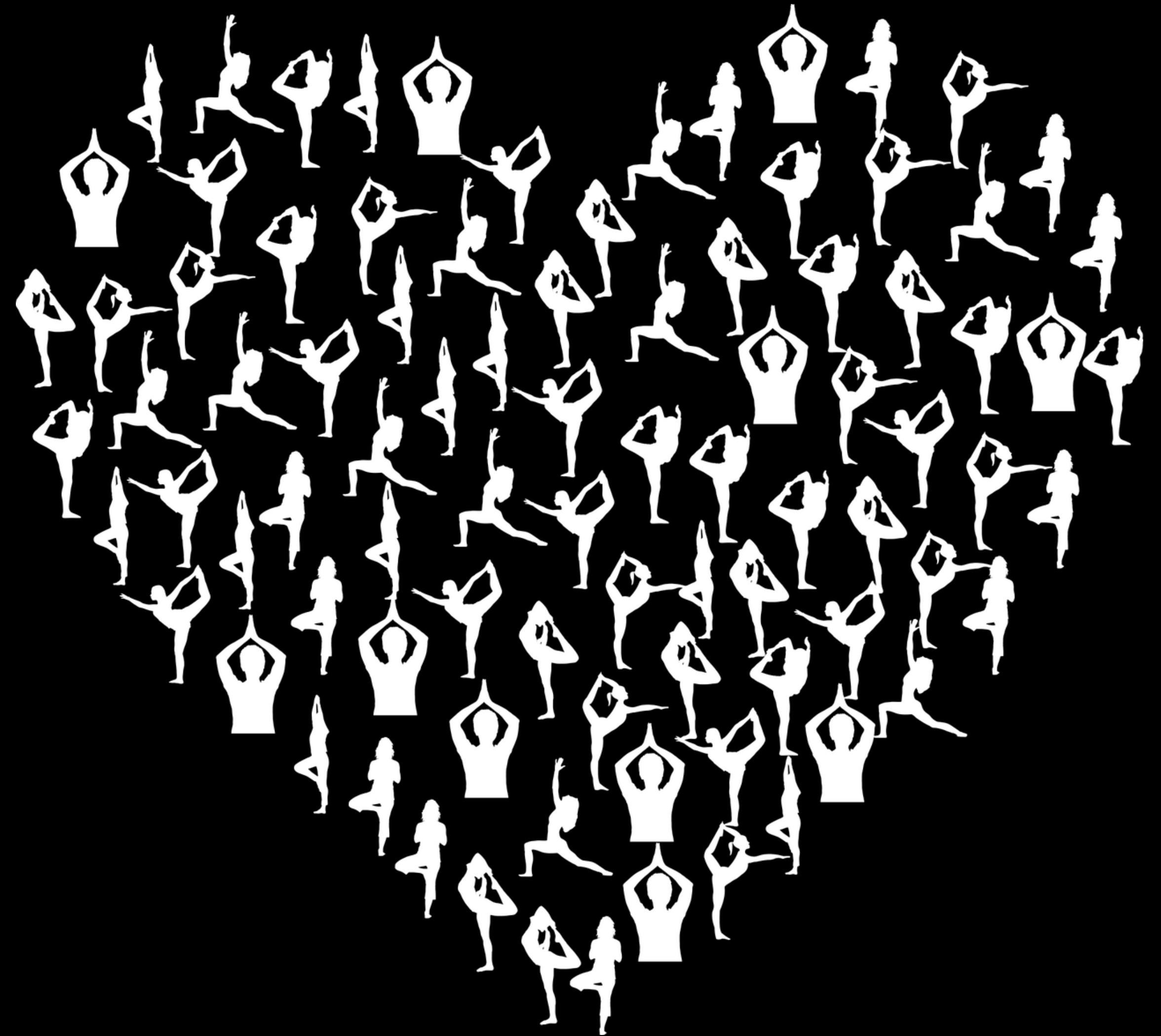
YOGA

- The calming of the fluctuations of the mind.
- There 6 major types of yoga:
 1. Raja: Meditation
 2. Karma: Action and selfless service
 3. Mantra: Sound and chanting
 4. Bhakti: Devotion
 5. Jnana: Knowledge and study
 6. Hatha: Breath and posture



HATHA YOGA BENEFITS

- Builds immunity
- Aids lymphatic system
- Relaxes the mind and releases tension in the body
- Strengthen and tones the body
- Increases flexibility and mobility
- Helps with cravings
- Aids in better sleep



ANIMAL YOGA WEDNESDAYS



SUPER HERO YOGA FRIDAYS



MEDITATION MONDAYS



WORKOUTS








- Get creative with At Home Workouts
 - Cans or water bottles for weights
- Check out Train Us Forward Fitness on Youtube!
- Check out Ivanaexercise on Youtube!
- Check out National Center on Health, Physical Activity and Disability (NCHPAD) on Youtube!



DANCE PARTY

NJSAP Team STAY AT HOME Dance Party Playlist
New Jersey Self-Advocacy Project - 1 / 23

🔄 🔒

- ▶  **Bob Marley - Everything's Gonna Be Alright**
Mislav Vonić 3:02
- 2  **Ob-la-di ob-la-da - The Beatles (LYRICS/LETRA) [Original]**
el perro beatle 3:10
- 3  **The Rolling Stones - She's A Rainbow (Official Lyric Video)**
ABKCOVEVO 4:13
- 4  **Curtis Mayfield - Move On Up**
awe 8:49
- 5  **SLY & THE FAMILY STONE - DANCE TO THE MUSIC.LIVE T...**
MOMOFUNKONE 2:26
- 6  **The O'Jays Love Train**
Regina Carvalho 2:20
-  **Joy To The World**

- Raises endorphin levels: a chemical your body releases to minimize pain and discomfort while maximizing pleasure



DRINKING WATER

- Drink half of your body weight in ounces everyday
Example: If you weight 140 pounds, you should be drinking 70 ounces of water per day.
- Wakes our bodies up
- Keeps us fuller longer
- Curbs cravings
- Hydration



HEALTHY FOOD AND SNACKS

- Fruits and vegetables can help regulate the body and the brain
- Boosts immune system
- Try this!
 - A colorful plate
 - Switch to whole-grains
 - Sodium
- Add one or two fruits and vegetable to each meal

ERIN'S SNACK HACKS



NEWS AND MEDIA

- Limit your news intake
- Know the facts
- No bad news past 8pm rule!



HOBBIES/ACTIVITIES

- Journal
- Scrapbooking
- Coloring
- Painting
- Knitting
- Reading
- DIY crafts
- Baking
- Cooking
- Make cards for essential workers
- Finding new music
- Learning a new dance
- Watching a new show
- Having a fashion show
- Organize closets
- Play a board game
- Plant a garden

GRATITUDE


- Notice good things in your life and appreciate them
- Savor the feeling of gratitude
- Opens the door to more meaningful relationships
- Improve physical and psychological health and well-being

GRATITUDE JOURNAL

Today's date: _____

My Gratitude Journal

☉ In the Morning ☉



Right now, I am grateful for:

1. _____
2. _____
3. _____

I am so **lucky** and here is just one reason why:

The **people** in my life I am grateful for are:

Something I can do to make today **great** is:


☾ In The Evening ☽

Today I **appreciate**: _____ Today I **forgive**: _____


Here is **one nice thing** I did for myself or someone else today:

Three things that **made my day**:

1. _____
2. _____
3. _____



New Jersey Self-Advocacy Project
A program of The Arc of New Jersey since 1983
Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



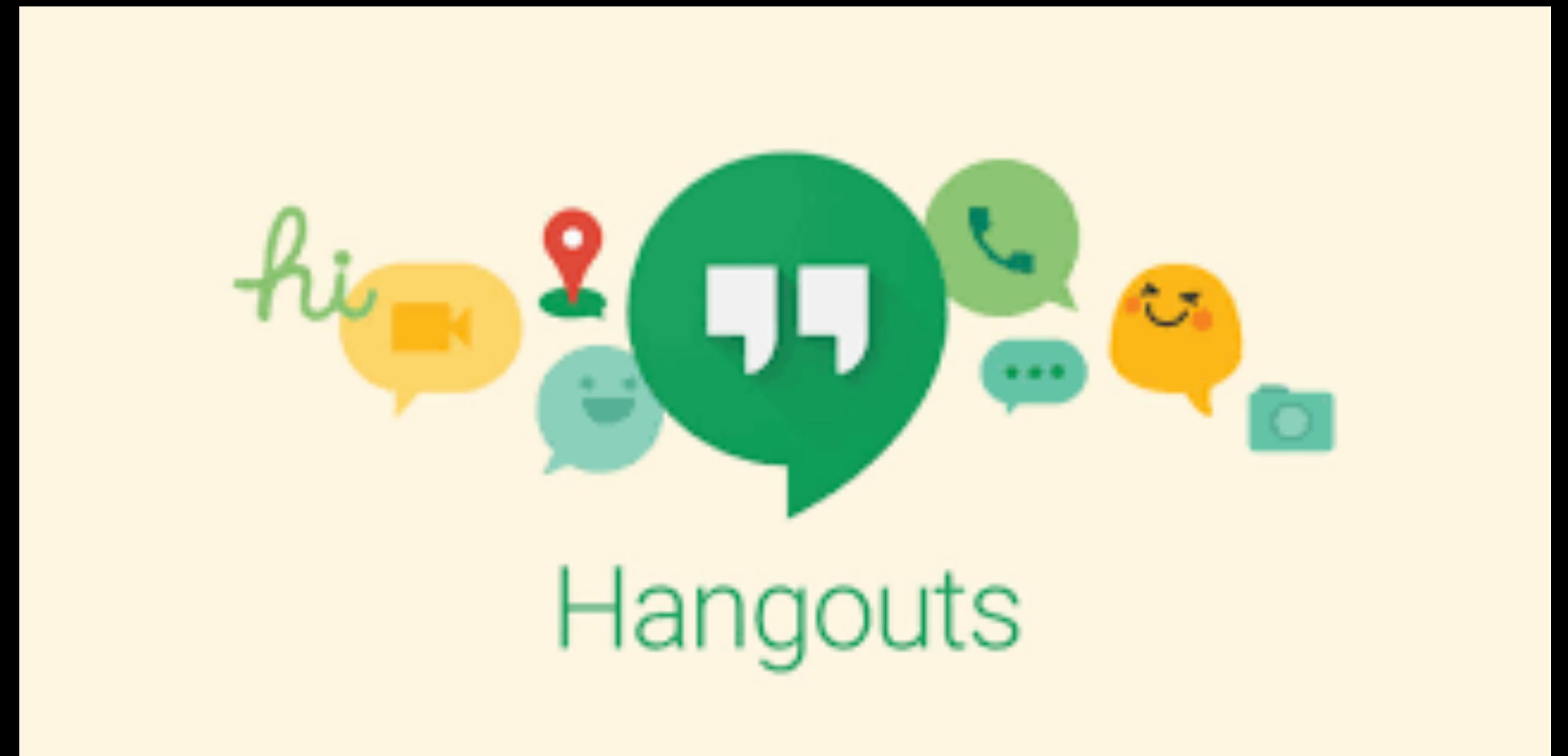
POSITIVITY

- Try to identify a small positive thing that you do each day
- Think of something positive about yourself
- Positive self-talk



CONNECTION

- Talk to people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- Technology allows us to connect with people all around the world.



ADVOCACY

- Attending your districts virtual Council meetings.
- Use social media platforms to let representatives know you want your voice heard.
- [Register to vote!](#)
- [Fill out 2020 Census](#)



RESPOND TO ACTION ALERTS



ACTION ALERT

For Immediate Action
TIME SENSITIVE

Advocating for children and adults with I/DD and their families



Take Action Now!

**People With Disabilities, Families, and Direct
Support Professionals:
Tell Congress #WeAreEssential &
#FixtheGlitch for SSI**

ITEM #1:

**#WEAREESSENTIAL:
TELL CONGRESS TO
INCLUDE THE
DISABILITY
COMMUNITY IN
COVID-19 RELIEF
BILLS**

**CLICK HERE TO
TAKE ACTION!**

ITEM #2:

**ACT NOW TO
#FIXTHEGLITCH FOR
SSI!**

**CLICK HERE TO
TAKE ACTION!**

NJSAP TRAININGS

- Virtual trainings via conference call, Google Hangouts, or Zoom

A training on our program, NJSAP

- Starting a Self-Advocacy Group
- Team Building
- Human Rights and Responsibilities
- Erasing the R-Word & Person First Language
- Legislative Advocacy
- Governmental Affairs
- Advocating for Yourself



Voting

- Boosting Your Self-Confidence
- The Americans with Disabilities Act
- Employment & Pre-Employment Skills
- Healthy Communication
- Respectful Behavior
- Anger Management

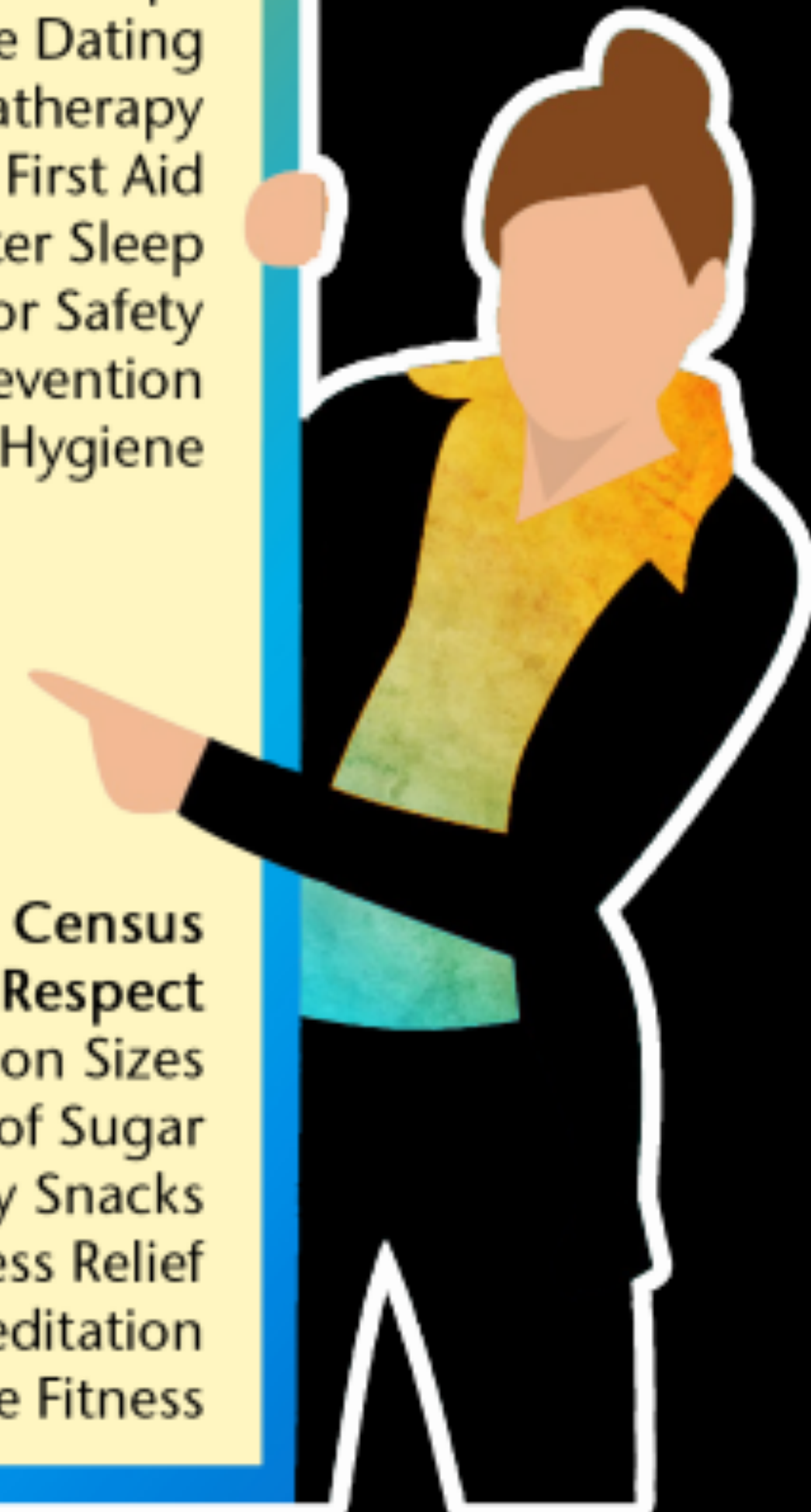
Healthy Relationships

- Online Dating
- Aromatherapy
- First Aid
- Get Better Sleep
- Outdoor Safety
- Illness Prevention
- Proper Hygiene

NEW! 2020 Census

NEW! Consent & Respect

- Proper Portion Sizes
- Dangers of Sugar
- Quick Healthy Snacks
- Stress Relief
- Yoga & Meditation
- Indoor Exercise & Adaptive Fitness



STAY HEALTHY AT HOME WEBINAR SERIES

- Census 2020: Be Counted!
Tuesday, May 5, 2020
2 PM-3 PM
- Working Hard or Hardly Working: Maintaining Your Well-Being and Productivity While Working From Home
Tuesday, May 12, 2020
2 PM-3 PM
- Step by Step: Small Changes That Can Lead You To a Healthier Life
Tuesday, May 19, 2020
2 PM-3 PM
- Let's Stick Together: Navigating the Web of Online Communications for Staff and Self-Advocates
Tuesday, May 26, 2020
2 PM-3 PM



GETTING OUTDOORS

- Nature can help with anxiety because it makes you feel grounded.
- Touch the ground
- Grab a leaf or pine cone
- Feel the fresh air
- Notice the wind



GETTING OUTDOORS CONT.

- If you live in a busy neighborhood, do activities in your own yard.
- If you do not live in a busy neighborhood, take a walk or hike around the block. Try to stay away from others as best as you can. If you see someone coming, move to the other side of the street.



BRING ACTIVITIES OUTSIDE

- Love to paint? Bring it outside!
- Do your home workout or yoga practice outside
- Play a game of cards outside
- Read a book outside



FLOWER SPOTTING



Bugleweed (Ajuga reptans)



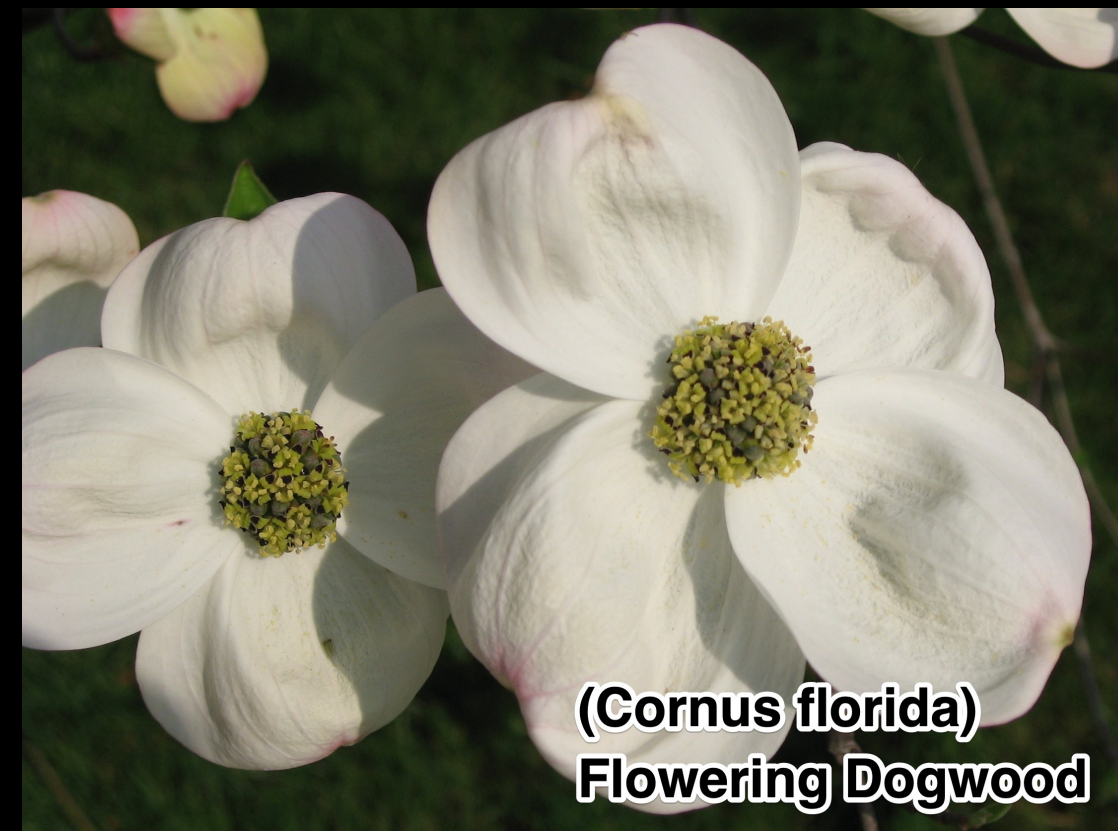
Butter-and-eggs (Linaria vulgaris)



Vinca minor



Spring Beauty (Claytonia virginica)



**(Cornus florida)
Flowering Dogwood**



Yarrow (Achillea millefolium)

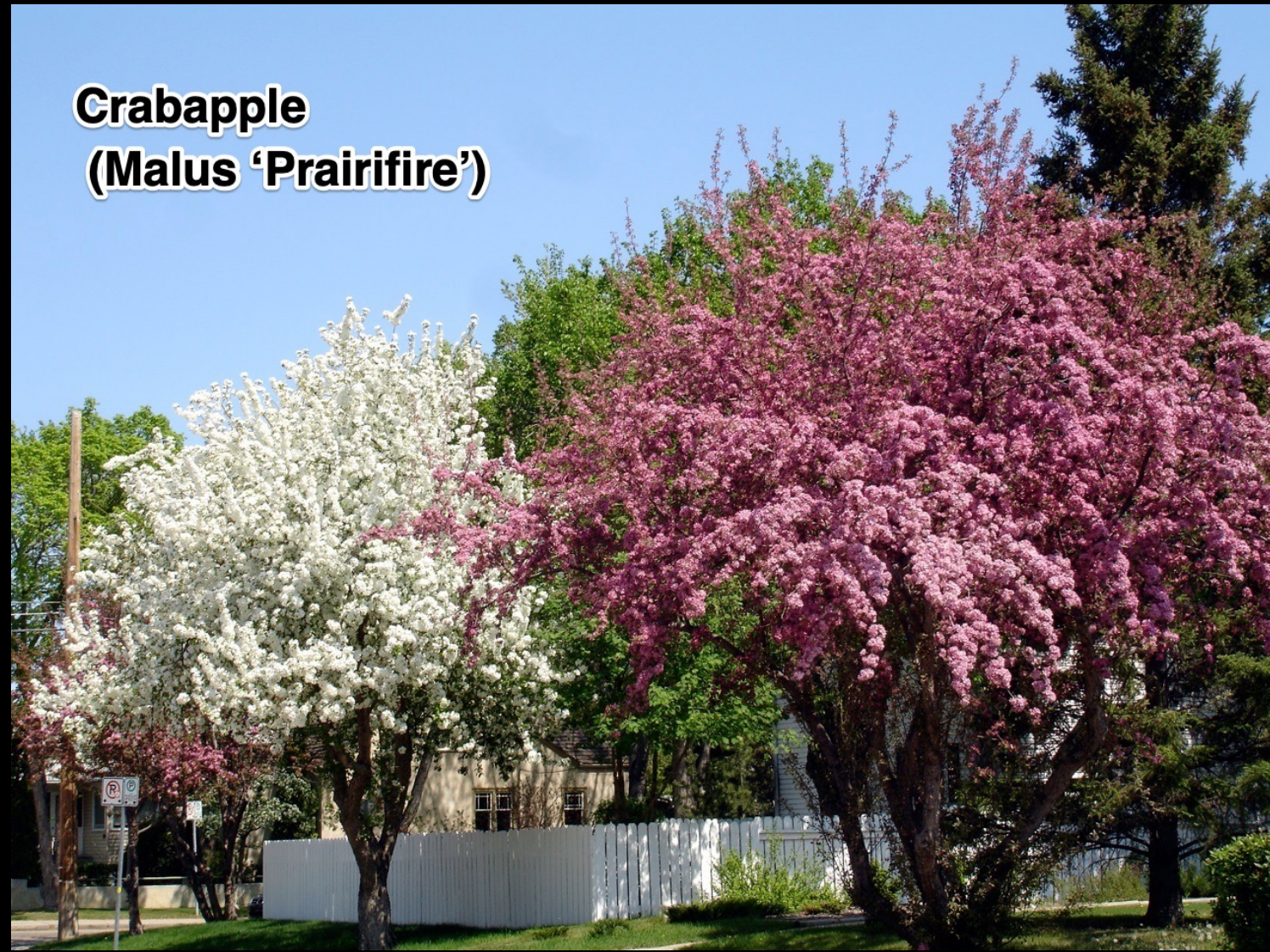
BIRD WATCHING

• BACKYARD BIRDS of NEW JERSEY •



- Check out this [website](#) for more bird identification tips and tricks!

TREE SPOTTING



Crabapple
(Malus 'Prairifire')



Flowering Cherry Tree
(Prunus serrulata)



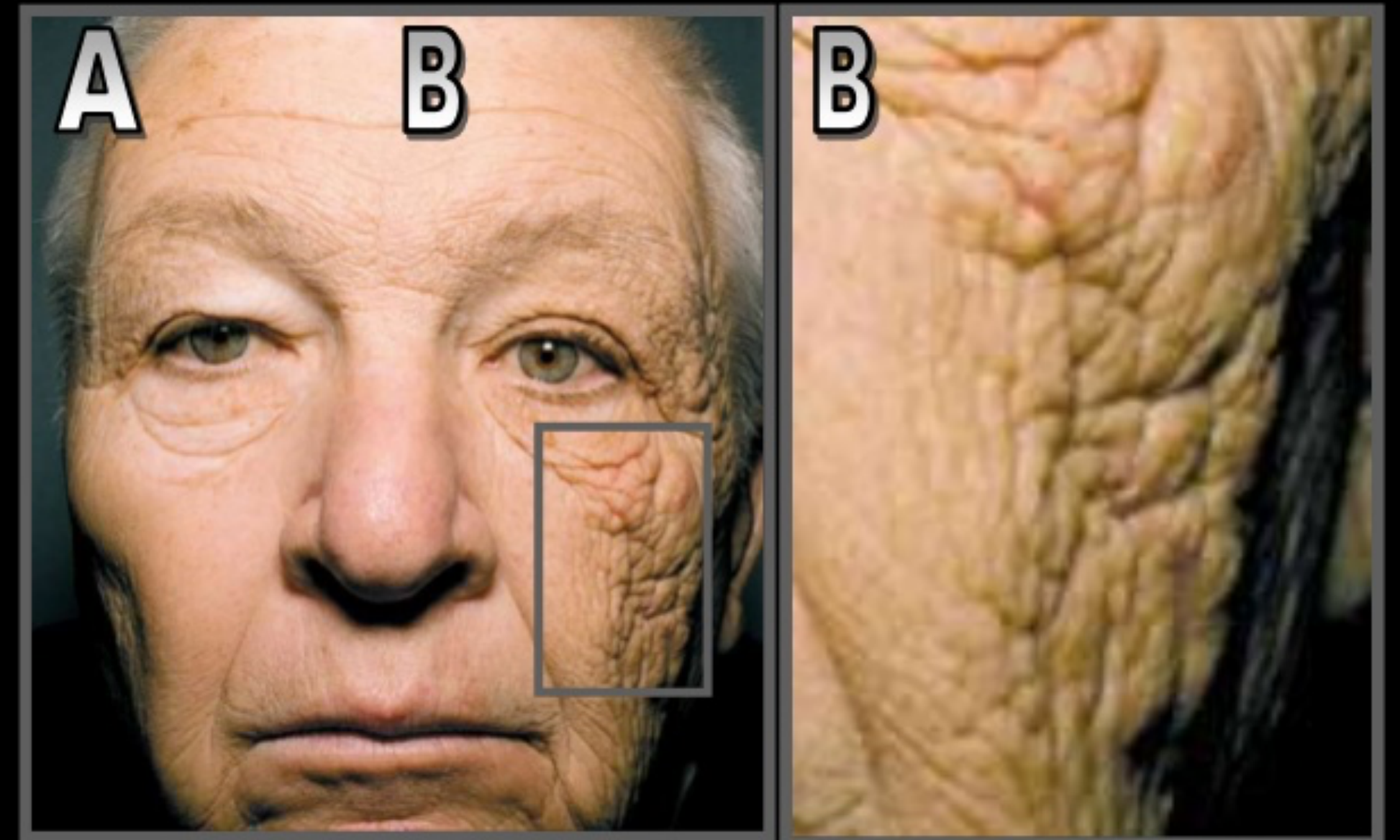
Red Maple
(Acer rubrum)



Redbud
(Cercis canadensis)

SUNSCREEN

- Skin is the largest organ of the body
- Not wearing sunscreen can cause skin cancer and speed up the aging process.
- Wear sun screen even when:
 - It is cloudy
 - You are inside
 - When you go out after 2pm
- Picture of a veteran truck driver.
 - 30 years on the road. Which side faced the sun?



APPROPRIATE ATTIRE

- Check the weather before you leave the house
- Wear clothes that make sense for the temperature






RESOURCES

- [Carcadian Rhythms:](#)
- [Breathing](#)
- [6 Branches of yoga](#)
- [Lymphatic System](#)
- [Mediation videos](#)
- [Dance Party](#)
- Youtube Workouts:
 - [Train Us Foreward Fitness](#)
 - [Ivanaexercise](#)
 - [National Center on Health, Physical Activity and Disability \(NCHPAD\)](#)

RESOURCES

- [Water Intake](#)
- [Eating Healthy](#)
- [Covid-19 Resources](#)
- [Gratitude Journal](#)
- [Voting](#)
- [Census](#)
- [Action Alerts](#)
- [Webinar Series](#)
- [Flower Spotting](#)
- [Bird Watching](#)
- [Tree Spotting](#)

QUESTIONS?

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NewJerseySAP/](https://www.facebook.com/NewJerseySAP/)
- ▶  Instagram: [https://www.instagram.com/
NewJerseySAP](https://www.instagram.com/NewJerseySAP)
- ▶ NJSAP Website: [http://
www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)