



ALL THINGS COVID-19 RELATED

We know that Coronavirus (COVID-19) is top of mind for most people right now, causing a lot of fear and anxiety. But, **we are here for you**. As you are aware, this is a rapidly evolving situation, so we wanted to provide you with some guides, tips and information on every day topics.

Looking to stay up-to-date with COVID-19? Use the button below. We continue to update this page as more information becomes available.

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SELF-CARE DURING COVID-19

Self-care has been a hot topic over the past few years but is more important now than ever. Self-care is the practice of taking an active role in protecting one's own well-being and happiness during periods of stress. Feelings of loneliness, boredom, anxiety, and stress are normal reactions to what is going on in the world today. Even though the Coronavirus pandemic is only temporary, it is important to not forget to take care of yourself.



[SELF CARE TIPS](#)



PHYSICAL HEALTH & COVID-19

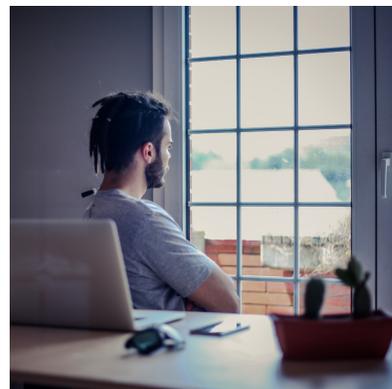
Our physical health has a great affect on how we feel mentally. Even though social distancing guidelines are making daily life complicated, the good news is that there are plenty of ways to maintain good physical health and staying active while we are adjusting to this new way of life for the time being. If exercise and healthy eating wasn't part your previous daily routine, now is a great time to start.

[STAY HEALTHY](#)

SOCIAL DISTANCE, SELF-QUARANTINE, OR SELF-ISOLATE: WHATS THE DIFFERENCE?

During the COVID-19 pandemic, there has been a lot of new vocabulary being tossed around. Especially the terms social distancing, self-quarantine or self-isolation. We know these concepts help limit the spread of the virus but what's the difference between them?

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[WORKING FROM HOME](#)



The idea of working from home in our pajamas always seemed like it would be a great idea. The ability to make home cooked meals and plan crafts throughout the day for our kids was a scene out of an Instagram post. But now that reality is starting to kick in, shifting to a 'home office' doesn't seem so picture perfect. Stay calm—we have some tips to help you work from home the right way.

WORKING FROM HOME TIPS

4 THINGS YOU SHOULD KNOW ABOUT STRESS

Stress is a term you're likely familiar with as everyone experiences stress from time to time. However, what does stress exactly mean? This body response is natural in the face of danger. Stress symptoms can affect your body and mind, as well as your emotional well-being. When you're under stress for days — or even weeks or months — you're at risk for numerous health effects such as high blood pressure, heart disease, obesity, chest pain, depression and diabetes. Since April is Stress Awareness Month, I want to share a few things you should know about stress and how to manage.

1. **Not all stress is bad—some can be beneficial.** A certain type of stress, called eustress, is actually necessary and beneficial for a balanced and exciting life. This type of stress is the kind you experience when you're riding a roller-coaster, playing a fun game, or falling in love. Also, in non-life-threatening situations, stress can keep us ready to avoid danger, alert and motivated such as when you need to take a test or interview for a new job.
2. **Stressing for long periods of time can cause harm your health.** Long-term stress, known as chronic stress, affects the whole body which can make functioning on a daily basis more challenging. Over time, continued strain on your body from stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression or anxiety.
3. **There are ways to manage stress.** When you experience stress, taking practical steps to manage your stress may reduce the risk of negative health effects. While some stress is inevitable, you can structure your life in ways that help relieve you from stress and stressful events. You can do this by maintaining a healthy diet, getting regular exercise, and set goals and priorities. These are all important ways to relieve stress and stay healthy.
4. **Changing your attitude and mindset can reduce your stress level.** Most of us have had someone say, "Think positive" or "Look on the bright side," when something didn't go quite right—well there is some truth to it. Positive thinking can reduce your stress level, help you feel better about yourself or the situation and improve your overall well-being and outlook.

If you think that the way you're handling life's stress is taking a toll on your physical health, reach out to the office to schedule an appointment so we can help you to start making changes that will be good for your body and your mind.



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