

In times of uncertainty, your habits can ground you. There has never been a better time to upgrade your self-care:

- Reduce your sugar intake and eat more whole foods – greens, veggies, lean protein, clean water
- Move your body frequently and get outside to feel the sun and enjoy the blooming spring
- Rest a little more than you usually would. Keep a consistent sleep and rise time
- Practice physical distancing and social embracing – call the people that matter. Check in on your friends and neighbors that live alone
- Turn off the fear-based media and read a book or do something creative

When you feel restless, get up and move. When you feel overwhelmed, practice a minute of mindfulness or deep breathing. When the world seems uncontrollable, focus on what you can control. Return to your habits.

*Blue Cross and Blue Shield offers online and telephonic tools such as:*

- **Well onTarget:**
  - *Self-Management Programs*
    - *Interactive: Manage Stress, Nutrition, Sleep, Financially Fit, Blood Pressure*
    - *Educational: Preventive Health, Chronic Conditions, Managing Metabolic Syndrome*
  - *Mental wellbeing support topics: children stress/depression, elderly stress/depression, Covid-19*
  - *Explore Cards – videos, podcasts, articles*
  - *Personal Challenges: Resources and information on physical activity, nutrition, relaxation techniques, and financial wellness.*
- **24/7 Nurse line:** *Resource for members, especially those not experiencing COVID-19 symptoms, to relieve the burden on the health care system (e.g., ERs, Urgent Care, doctors). Staffed by registered nurses, the 24/7 Nurseline provides answers to general health questions and guides members to their primary care physician, urgent care center, the ER or other care as necessary. There is also an audio library of more than 1,000 health topics. Can be reached by calling the Health Advocate number on the back of your insurance card*

If you have questions or need additional support, here are some resources:

- [www.cdc.gov](http://www.cdc.gov)
- Senior Food Hotline for those facing food challenges 1-800-432-2080
- <https://cv.nmhealth.org/> NM Health Department for latest updates
- 855-600-3453 NM Dept. of Health COVID-19 hotline

In the meantime, please be kind, generous and patient with each other. We'll get through this together. Let me know if I can provide any additional support,

Yours in Health,  
Marlene