

Mansfield Monthly



IMPROVING YOUR HEALTH & WELLNESS AT HOME

Keeping Personal Wellness Simple at Home

First of all; if you're looking for a few additional resources to stay up to date on how to take care of yourself and your family during these times, please take a look at the following page.

Keeping things simple when it comes to personal wellness can help to manage everything going on in our lives right now.

This is obviously a chaotic time for everyone but also a great time for personal growth. Some of us have the chance to put a little more emphasis on things that might be difficult when constantly going to and from places all day long. It's easy to think of all our challenges we're facing right now, but what about the positive things we've been wanting to focus on but haven't made the time to in the past?

What is something you could spend more time doing right now to come out of this with a new skill, more knowledge, improved mindset, a better habit, etc.?

There's still plenty of things you can do to improve your own health & wellness right now. Think of something constructive you can put some of your time and energy into right now.

Example Ideas

- Work on a fun project with your spouse and/or children
- Reach out to a friend/family member about a mutual health & wellness goal you can work on together remotely
- Read, listen to or take a course on something you've been wanting to learn more about (look up universities, companies offering free learning opportunities)
- Write down thoughts in a journal. Remind yourself of things your grateful for or positive attributes about yourself daily
- Message or Call a different family member, friend or someone you'd like to reconnect with every day or week
- Make a goal for something like walking, working out, water intake, reading min, etc.
- Clean out your home, yard, garage, etc. Declutter your home and mind
- Buy gift cards from your favorite local businesses you know you'll use and will help them during them right now
- Reach out to Be Well for ideas! If you have something you'd like to focus on but aren't sure what to do or how to set it up, let us know. We'll help you out or find someone/somewhere who can!

TOWN EVENTS THIS MONTH

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Specific Dates & Times ^^)

Stay informed of any remote offerings and cancellations through the Town's event page.

Get outside! Maintain your distance, but take advantage of this time to get outside and move more.

April showers? Go for a walk anyways. You're going to get wet if you work up a sweat and shower afterwards on a nice day anyways...



BE WELL NEWS

Please click [HERE](#) for the April Wellness quiz that will count towards the end of year Rewards!

Last month we still had 75 people complete the March quiz as well as 40 people participate in the sleep challenge! Thank you for your participation during a challenging month! Stay tuned for the next activity later this month.



Exercise Ideas!

At home exercise ideas from the MCC! Check out the following videos and pictures for some simple ideas to stay active during this time:

<https://www.mansfieldct.gov/2013/Exercise-Videos>

<https://www.facebook.com/MansfieldCommunityCenter/>

Other resources for you and your family's well-being and latest updates:

[Centers for Disease Control and Prevention](#)

[American Heart Association](#)

[CT.gov](#)

cummingsb@mansfieldct.org with any questions or ideas to keep up with your health/wellness right now!

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

