

Back to Work Wellness Workshop

**Ahmed Al-Katib, M.D.
Junaid Mirza, M.D.**

Agenda

- Back to work concerns?
- Simple things to do around your office
- Exercise: Body scan & PMR-*lite*
- Sleep Hygiene: Do's and Dont's
- Resources
- Q&A, personal stories

What are some of your thoughts and feelings?

Feel free to share them now by un-muting or type them out in the chat box throughout

Back to Work Concerns

- Exposure to COVID - “**Invisible** Enemy”
- Lack of **PPE**
- Bringing “germs” home to loved ones
- **Uncertainty** about Flu Season
- **Isolation** in workspace
- **Virtual** platforms
- Delayed or **conflicting** information

Simple things to do around the office

- Pause
- Make your desk your own personal space
- Lighting
- Step away from your desk for lunch, take frequent walking breaks
- Speak to others
- Give a compliment to someone without expecting anything back
- Stretch!
- Say **no!** (politely)

Body Scan
&
Progressive Muscle Relaxation-*lite*

Sleep Hygiene

Sleep Hygiene Do's

1. Go to bed at the same time each day.
2. Get up from bed at the same time each day.
Try to maintain something close to this on weekends.
3. Get regular exercise each day, preferably in the morning. This includes stretching and aerobic exercise.
4. Get regular exposure to outdoor or bright lights, especially in the late afternoon.
5. Keep the temperature in your bedroom comfortable.
6. Keep the bedroom quiet when sleeping.
7. Keep the bedroom dark enough to facilitate sleep.
8. Use your bed only for sleep (and sexual activity). Not with other activities like paying bills, talking on the phone, watching TV.
9. Establish a regular, relaxing bedtime routine. Relaxing rituals prior to bedtime may include a warm bath or shower, aromatherapy, reading, or listening to soothing music.

Sleep Hygiene Do's

10. Use a relaxation exercise just before going to sleep or use relaxing imagery. Even if you don't fall asleep, this will allow your body to rest and feel relaxed.

11. Keep your feet and hands warm. Wear warm socks to bed.

12. Designate another time to write down problems & possible solutions in the late afternoon or early evening, not close to bedtime. Do not dwell on any one thought or idea—merely jot something down and put the idea aside

Sleep Hygiene Don'ts

1. Exercise just before going to bed. Try to keep it no closer than 3-4 hrs before bed.
2. Engage in stimulating activity just before bed, such as playing a competitive game, watching an exciting program on television or movie, or having an important discussion with a loved one.
3. Have caffeine in the evening (coffee, many teas, chocolate, sodas, etc.)
4. Read or watch television in bed.
5. Use alcohol to help you sleep. It actually interrupts your sleep cycle.
6. Go to bed too hungry or too full.
7. Take another person's sleeping pills.

Sleep Hygiene Don'ts

8. Take over-the-counter sleeping pills, without your doctor's knowledge. Tolerance can develop rapidly with these medications.
9. Take daytime naps. If you do, keep them to no more than 20 minutes, 8 hrs before bedtime.
10. Command yourself to go to sleep. This only makes your mind and body more alert.
11. Watch the clock or count minutes; this usually causes more anxiety, which keeps you up.
12. Lie in bed awake for more than 20-30 minutes. Instead, get up, go to a different room (or different part of the bedroom), participate in a quiet activity (e.g. non-excitable reading), and then return to bed when you feel sleepy. Do not turn on lights or sit in front of a bright TV or computer, this will stimulate your brain to wake up. Stay in a dark, quiet place.

Sleep Hygiene Don'ts

13. Succumb to maladaptive thoughts like: “Oh no, look how late it is, I’ll never get to sleep” or “I must have eight hours of sleep each night, if I get less than eight hours of sleep I will get sick.”

14. Change your daytime routine the next day if you didn’t sleep well. Even if you have a bad night sleep and are tired it is important that you try to keep your daytime activities the same as you had planned. That is, don’t avoid activities or stay in bed late because you feel tired. This can reinforce the insomnia.

Resources

- **Each other!**
- **UHB Hotline:** covid-stress@downstate.edu, a text message to (718) 550-6722
- **NYS Mental Health Hotline Helpline: 1-844-863-9314**
- **NYC Well - 1-800-NYC-WELL**
- **KCH Wellness Room**
 - Monday - Friday, 10 AM - 4 PM
 - R Building, Room 2118
 - C Building, Room 5130



TIPS

- Stay **up-to-date about developments** related to the infectious disease outbreak by using a reliable and accurate source of health-related information, such as the CDC or the Red Cross.
- Stick to your **usual daily routine**.
- Focus on **positive aspects** of your life and things that you can control.
- Seek **social support** from family members and/or friends and maintain social connections.
- Engage in **relaxation techniques** for stress reduction.
- Engage in **physical activity** and other enjoyable activities.
- If you or a family member is feeling overwhelmed, seek support from your **health care provider or religious leader**.

