

Physical Distancing is Still Important

So is staying socially connected!

Explore new technology

Popular board games have gone virtual. Classics like Monopoly, Scattergories and Scrabble can be played online together, and there are a host of sites with card games, trivia and other fun activities to do together. A game night is a great way to bring people closer, and take your mind off your worries.

Stay active in the community, from home

It may sound counter-intuitive. How can you remain a part of the community if you need to stay separated from it? Many organizations, like political parties, faith-based groups or nonprofits, offer remote options, relying on volunteers to make phone calls. Explore your options for doing community-based activity right at home.

Go on a news diet

While it's important to stay informed, don't get locked into endlessly watching "breaking news" on the 24-hour news channels. Typically, not much changes hour to hour, and enduring the repetitious pummeling from TV all day long can bring needless anxiety.

Instead, try watching a news update in the morning, then check in again at night. And don't stay with it all evening: 30 minutes or an hour is usually plenty to stay well informed.

Find a buddy system

The Centers for Disease Control and Prevention is recommending that communities create "buddy systems" to make sure vulnerable and hard-to-reach people stay connected, particularly to news about COVID-19. This can be done through a church group, social group or daily neighborhood email blasts.

Reach out to people in your communities to locate these groups, or start one of your own. Something as simple as a message with a kind word can go a long way during uncertain times.

Stress-Busting Recipes

Since 80 percent of your immune system lives in your gut and 90 percent of your body's serotonin (happiness chemical) is produced in the gastrointestinal tract, stress poses a real threat to your wellness and your happiness! Stress increases inflammation, can weaken your intestinal lining and decrease your healthy gut flora."

You probably didn't realize that your stressful day was having such a drastic effect on your body. But what does this have to do with what you eat for dinner?

Read the full article, including these recipes.

- [Grilled Salmon Burgers with avocado salsa](#)
- [Skillet Mushroom and Chicken Quinoa](#)
- [Black bean Meatless Balls](#)
- [Pear Balsamic salad with dried cherries and walnuts](#)
- [Savory Oatmeal with Garlicky Kale](#)
- [Overnight Chocolate Chia seed pudding](#)

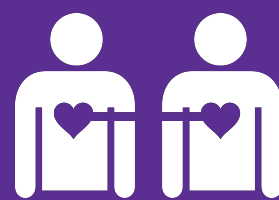


Staying Connected in a Healthy Community

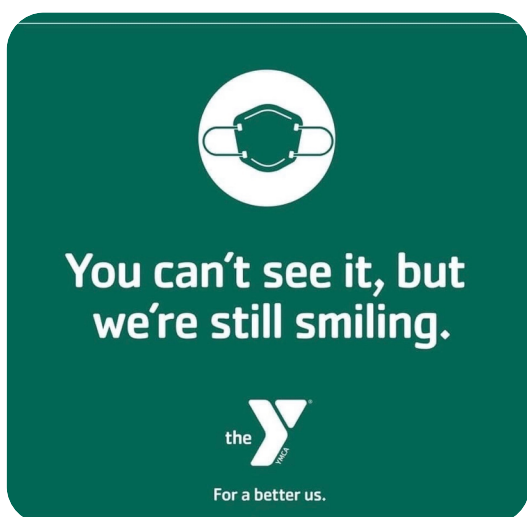
has never been more important. Sharing of classes, news, support, wellness and healthy living tips is needed by all during this time. Maybe you are in need of REDEFINING WELLNESS. Or perhaps you have a fellow friend who needs help during this time. All are welcome on our YMCA REDEFINE WELLNESS Facebook Group. There is content, support and tips for everyone!

QUESTIONS OR SUGGESTIONS? LET'S SHARE!

What is one thing that is helping you through this challenging time? Please email your answer to mvermeer@ymcachattanooga.org



Don't let the masks fool you. We're smiling to greet you each time you walk through our doors.



Don't forget to bring a mask when you come (you will not be required to wear it during exercise).



Many Healthy Living Programs are starting back up soon! Click here to see the lineup.

CHAPLAIN'S CORNER

The ancient Greeks had two words for time: *chronos* and *kairos*. *Chronos* relates to chronological time, and *kairos* refers to the right, or opportune moment.

God operates on *kairos* time. He shows up at the perfect moment to reveal his heart-shaped plan for our lives. As William Henry Davies conveys in his poem, we will experience God's awesome timing for our lives if we simply "stand and stare"!

Leisure

*What is this life if, full of care,
We have no time to stand and stare.
No time to stand beneath the boughs
And stare as long as sheep or cows.
No time to see, when woods we pass,
Where squirrels hide their nuts in grass.
No time to see, in broad daylight,
Streams full of stars, like skies at night.
No time to turn at Beauty's glance,
And watch her feet, how they can dance.
No time to wait until her mouth can
Enrich that smile her eyes began.
A poor life this if, full of care,
We have no time to stand and stare.*

By William Henry Davies