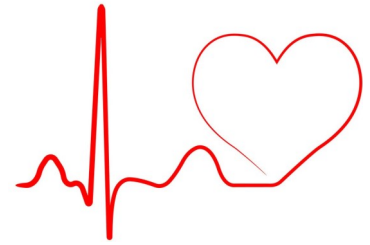


# Health Beat



Volume 1, Issue 1

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### *Points of Interest:*

- Learn effective ways to manage stress, sadness, and isolation during the Pandemic
- Recognize ways you can prevent high cholesterol
- Help kids stay healthy during the pandemic

### *Upcoming Events*

*Bereavement Group*  
 Saturday Mornings 10am-12pm  
 Sept. 12 - Oct. 17  
 VA Park Freedom Shelter  
 (weather permitting)  
 Call Theresa White (304-623-1302) or Mary Jo Flaherty (304-622-4147) for more information.

*Aging and Wellbeing Bible Study*  
 Friday Mornings 10am-12pm  
 Sept. 18-Oct. 9th  
 VA Park Freedom Shelter  
 Call Veronica Gallo @ 304-476-2930 for more information

*Virtual Mini-Health Fairs in October*

*More information to come!*

*IC Parish Nurses Monthly Meeting Oct. 14, 1pm VA Park Freedom Shelter (weather permitting)*

## Managing Emotions Amid a Pandemic

According to the World Health Organization (WHO), COVID has wreaked havoc not only on our physical health, but our emotional health as well. The fear and uncertainty that is associated with the illness can cause stress and anxiety.

Social distancing often means not seeing loved ones or friends for long periods of time. Those that have been diagnosed with COVID report stigmatization and isolation as friends, family, and community members are fearful of them or place blame on them for their illness.

The Centers for Disease Control (CDC) reports higher rates of suicide and substance abuse dur-

ing the pandemic..

Knowing and practicing positive techniques to manage emotions can help during these trying times.

The following tips are recommended by the CDC and WHO as ways to help manage emotions during the pandemic.

Be alert for signs of stress and depression, such as changes in sleep or eating patterns, increased irritability, becoming withdrawn, and/or increased use of alcohol or tobacco.

Connect with others and talk about your feelings.

Avoid over-watching the news, including social media. Seek out news



from reliable sources.

Stay connected with your church and other community organizations. Use formats that are available to you, such as social media and/or electronic meeting formats.

Take care of your body by exercising and eating right.

Use prayer, meditation, or journaling to channel emotions.

Reach out for help if needed.

## Preventing High Cholesterol

Cholesterol is a fat-like substance that is in the blood. Your body uses it to function normally until it reaches unhealthy levels.

Think of the pipes under your sink; if you don't clean your dishes of the thick pieces of food, they end up clogging the pipes. That's what happens to the blood vessels in

the body if your cholesterol levels become too high. This can lead to heart disease, high blood pressure, and stroke.

According to the CDC, there are ways to prevent high cholesterol. Eat a healthy diet with foods that are low in saturated fats and high in unsaturated fats, like oats, beans, foods with vegetable

oils, low or fat-free cheese and milk, whole grains, fruits, and vegetables.


Stay active by doing physical activities such as taking walks with your family.

Keep weight within a healthy range. Limit the alcohol consumption and quit smoking.

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Visit our Webpage:  
<https://www.icclarksburg.com/ic-parish-nurse-ministry>

 We are on Facebook!

<https://www.facebook.com/Immaculate-Conception-Parish-Nurses-and-Friends-111534387356687>

The Health Beat is the official Newsletter of Immaculate Conception Parish Nurses.

The mission of the group is to enhance the overall health of our parishioners and community (mind, body, spirit) with a focus on integrating the practice of faith with the practice of nursing.

Our group is comprised of active and retired registered nurses, social workers, interested health professionals, and lay persons. We welcome all new members with an interest in health!

While we strive to provide parishioners and community members with up to date health information and education, our services are not meant to replace your health care provider. If you are experiencing problems with your emotional or physical health, we strongly encourage you to reach out to your primary health care provider to receive the care that you need.

If you need help accessing a health care provider, then we are happy to assist you with this.

## Kid's Korner



It's important to stay healthy to prevent illness and injury.

Staying healthy can include many things!

- ◆ To keep your body healthy, you can do things like running, jumping, playing, and eating healthy things like fruits and vegetables.
- ◆ To keep your mind healthy, you can do things like reading, writing, homework, and making crafts.
- ◆ To keep your soul healthy, you can do things like reading your Bible, praying, and doing nice things for other people like your parents or siblings.

### HOW HEALTHY ARE YOU?

We all know it's been hard to stay active and be healthy during the COVID pandemic. So, let's make it fun and play a game of Quarantine Bingo! The rules are simple: If you do what the square says, you can check it off! How many Bingo's can you get?!

Make several copies of the BINGO board and use it to compete with your friends and family members!

| B I N G O                                     |   |  |   |   |
|---|---|--|---|---|
| Take a walk around your house or neighborhood | Draw a picture                                  | Dance Party!                               | Help your parent around the house               | Read a book                                   |
| Make a craft                                  | Sing your favorite song as loudly as you want   | Help your parent bake/cook something yummy | Do a jumping jack for every birthday you've had | Build something out of anything you can find! |
| Go on a scavenger hunt                        | Eat your favorite vegetable for a healthy snack | *Free Space*                               | Do something nice for a family member           | Have a race with the next person you see      |
| Take a nap                                    | Make an obstacle course                         | Clean your room                            | Write a story                                   | Have a silly photoshoot with your family      |
| Eat your favorite fruit for a healthy snack   | Fashion show!                                   | Read your favorite Bible story             | Make a blanket fort                             | Play outside                                  |