



Hinton SDC Brief - Thursday, April 2

To: SDC Staff

From: Mr. Hinton

Good Afternoon:

It's been another difficult week for our city, state and country. Honestly, many people feel depressed after watching wall-to-wall news coverage detailing the devastation the coronavirus continues to cause.

It's important for us to find a healthy balance.

We need to keep up with news impacting our safety and community but we must also find ways to protect our mental health and well-being.

As SDC employees, you have access to our Employee Assistance Program (EAP). The change, uncertainty and stress we feel can be overwhelming. It happens to all of us. Calling SDC's EAP can be the first step towards taking charge of a situation that is affecting your health and well-being.

The EAP phone number is:
1-800-236-3231

In addition, our EAP counselors provided the following tips to stay healthy:

Tips to Stay Healthy

Increased hand washing, social distancing, and avoiding those who are sick are current recommendations to slow the spread of COVID-19, and some consider "boosting" your immune system to be another preventative action.

1. Avoid sugar. It can be tempting to binge on sweets, but excess sugar feeds yeast and other undesirable bugs in the gut, where most of your immune system lies. Give your body a fighting chance by eliminating sugar to free up your immune system and strengthen it.

2. **Eat healthy.** Feed your immune system with colorful antioxidant-rich foods like oranges, berries, spinach, broccoli, and red peppers which are high in vitamin C. Other immune-supportive foods include ginger, garlic, mushrooms, coconut oil, meats, and poultry, which contain nutrients your body needs to stay well.
3. **Sleep more.** 7.5 hours is the minimum amount of sleep to provide maximum support to your immune system. With extended amounts of sleep, the body releases a type of protein called cytokines. These proteins can help regulate the immune system and help fight off infection.
4. **Get moving.** Exercise helps to increase the circulation of white blood cells which can help the body fight off viruses. There are many exercises you can do at home such as jumping jacks and strength conditioning using your own body. Walking outdoors and spending time in nature are also great ways to get moving.
5. **Supplement.** Along with healthy foods, supplements can give your immune system additional support. Adding supplements such as vitamins C and D, zinc and melatonin can help you remain well or possibly reduce the severity of symptoms if you do get sick.
6. **Keep calm.** Excess stress suppresses your immunity. If you feel overwhelmed or anxious consider doing breathing exercises, meditation, or activities like yoga, Tai Chi or walking.

Remember that these are recommendations for staying healthy and are not guaranteed to prevent infection.

Source: [Dr. Kristen Reynolds](#), integrative and functional medicine physician at [Aurora Wiselives Center for Wellbeing \(Aurora UW Academic Medical Group\)](#) in Wauwatosa, WI

Stay safe.