

Physical distancing resource guide

How to use this guide

When your new normal asks you to step into some big unknowns, we're here to give you a boost. This guide is a list of resources that are intended to help with the effects of physical distancing that we are all feeling, whether we are still on-site at our work locations or working from home. Get resources to help you care for yourself, your family and household members during this time.

What's inside?

Resources on:

Being active – 2

Being resilient – 3

Being rested – 4

Staying connected – 5

Work – 6

Kids – 7

Learning – 8

Staying active at home

Wondering how to continue your physical activity without a gym or fitness area? There are tons of ways to keep up with your physical fitness while at home, and bonus - exercise is great for your immune system.

Wellbeats™

Free on-demand fitness program offering over 500 classes. Get started in 3 easy steps:

1. Download the Wellbeats app or visit portal.wellbeats.com
2. Select *Register Via Code* and enter invitation code **3d63a6b0**
3. Play a class!

Account must be created with access code by April 30. All accounts created by April 30 will be valid through May 31.

Fitness challenges through Wellbeats™

- **Work(out) from home:** All you need is your own bodyweight for this 4-week, at-home challenge. Certified, virtual instructors will guide you through a combination of cardio and High-intensity interval training (HIIT) workouts to elevate your heart rate, boost energy and decrease stress.
- **Yoga at Home:** Start fresh each day with yoga classes that can provide peace and control in both mind and body. Certified virtual instructors guide you through a series of yoga poses to help manage stress, increase flexibility and build strength.

10,000 Steps®

Continue to move throughout your day. Use this tracker to track your steps and activities to see how active you can be. Make it even easier by connecting fitness devices or apps.

- Log into your account at healthpartners.com and select the *Healthy Living tab* under *My Plan*. Click *Go to your well-being program* to access the activity.

Other online fitness options

- [YMCA 12 Bursts – 12bursts.org](http://12bursts.org)
- [YMCA 360 – ymca360.org](http://ymca360.org)
- [CorePower Yoga – https://www.corepoweryogaondemand.com/keep-up-your-practice](https://www.corepoweryogaondemand.com/keep-up-your-practice)

At-home workout tips to keep you moving

- Run up and down the stairs a few times
- Turn on music and dance
- Grab some canned food and do some bicep curls
- Do squats, sit-ups or stretch during commercial breaks
- Take a walk with your dog and/or family – be sure to avoid crowded areas and stay at least 6-feet away from others

Keeping up on your mental health

Without your typical social supports and interactions in place, it can be difficult to stay positive. It is especially important to care for your mental health right now. Use the following resources to build your resiliency during these uncertain times.

HealthPartners resilience resources

Beating the Blues: online program that helps you manage your mood, stress and anxiety. Get started at healthpartners.com/btb using access code COM20.

Tackle Stress: Choose guided imagery, deep breathing exercises and more.

Healthy Thinking: Strengthen your emotional fitness and resiliency by building healthy thinking habits.

Log into your account at healthpartners.com and select the *Healthy Living* tab under *My Plan*. Click *Go to your well-being program* to access these activities.

Meditation apps

- [Calm – calm.com](https://calm.com)
- [Headspace – headspace.com](https://headspace.com)
- [Insight Timer – insighttimer.com](https://insighttimer.com)

Additional resources

- [National Alliance on Mental Illness \(NAMI\)](https://www.nami.org)
- [NAMI Covid-19 resource guide](https://www.nami.org/covid-19)
- [Coronavirus anxiety toolkit](https://www.cdc.gov/coronavirus/2019-ncov/mental-health)
- [CDC tips for managing stress and anxiety](https://www.cdc.gov/coronavirus/2019-ncov/mental-health/tips-for-managing-stress-and-anxiety)
- [National Suicide Prevention Lifeline's tips for emotional well-being during the Covid-19 outbreak](https://www.nimh.nih.gov/health/topics/coronavirus-2019-ncov/mental-health/tips-for-emotional-well-being-during-the-covid-19-outbreak)

Prioritize your ZZZs

Sleep is one of the most important health focuses for our personal well-being. When rested, we are able to have more energy to do the things we want to do.

At the beginning of your day

- Wake up at the same time every day.
- Make your bed and do some clean up.
- Enjoy a healthy breakfast.
- Get in some morning exercise and movement.

During your day

- Cut out the caffeine and bring on the water.
- Get in more movement throughout your day.
- Soak up the sun.

A few hours before bed

- Adjust the temperature in your home.
- Wean off the electronics.
- Think about tomorrow, tomorrow.

More information

For more details about the above tips, read the full article from one of our [HealthPartners Sleep Doctors](#).

Additional resources

- [National Sleep Foundation – sleepfoundation.org](https://sleepfoundation.org)
- [American Academy of Sleep Medicine – aasm.org/clinical-resources/patient-info/](https://aasm.org/clinical-resources/patient-info/)
- [American Sleep Apnea Association – sleepapnea.org](https://sleepapnea.org)

Building community and staying connected

Cultivating, re-engaging and building your social supports are more important than ever right now. Find ways to stay connected to your community and friends/family.

Building community

- Check your local neighborhood association
- Download the Nextdoor app – nextdoor.com
- Write sidewalk chalk messages to neighbors
- Look into community support and volunteer efforts
- Join a community Facebook group

Staying connected

- Call loved ones in nursing homes and care facilities
- Write a card and post it in the mail
- Have a virtual meet up with friends and family via video chat
- Get outside and explore Mother Nature
- Play board or card games virtually or with those in your home
- Join a virtual book or podcast club
- If you are working from home, try to have a video chat with your co-workers at least once a week

Adjusting to work changes

Cultivating, re-engaging and building your social supports are more important than ever right now. Find ways to stay connected to your community and friends/family.

Working from home

- Stick with your routine – wake up, shower, get dressed, etc.
- Dedicate a spot to work – try not to work in multiple places
 - » Why? It is hard to distinguish your 'work' from your relaxation space and work could creep into those places when you're trying to relax
- Set your office hours – decide on a start and stop time or when you will be working
- Communicate with your co-workers and managers on expectations and realities of what working from home looks like for you
- Video conference and check-in with co-workers when possible
- Limit distractions – TV, other people in the house (work with your partner to maybe switch on and off care of children), use headphones, etc.
- Sit next to natural light if possible to help keep energy levels high
- MOVE! Every 30-60 minutes do some type of movement
- Get out of the house and go for a walk or just sit in the yard for a few minutes – maybe have lunch outside
- Make sure your work station is neck healthy:
 - » Top of monitors 2-3 inches above eye level
 - » Monitor distance at arm's length
 - » Wrists straight & elbows at 90-degree angles
 - » Knees level with hips & feet resting on the foot rest
 - » Chair supporting spinal curves
- Close your laptop and leave it in the room/area you dedicate when your day is done

Make sure to take a break

- Feeling a little stressed or anxious while working? Studies show even just a short break throughout the day can help manage stress and increase productivity. So, if you're starting to lose focus, take an office break or mindfulness practice to help you recharge, refocus and energize your mind and body.

What to do with kids

The million dollar question on every caregiver's mind! We've compiled a large list of kid-friendly resources to keep the kiddos in your household entertained and active.

Online exercise, songs, dance and more

- [Go Noodle](#)
- [The Chomp Stomp](#) from PowerUp
- [Koo Koo Kangaroo Dance Videos](#)
- [Jumping Jax Exercise Videos](#)
- [Cosmic Kids Yoga](#)
- [Brain Breaks](#)
- [Family-friendly daily resilience session](#)

Learning and exploration

- [PowerUp](#) – recipes and fun activities for kids
- [Ranger Rick](#) – free access until end of June – includes ideas for outdoor activities
- [ABCYA](#) – educational games pre-k to 6th grade
- [ABC Mouse](#) – learning through phonics
- [Ted Ed](#)
- [PBS Kids](#)
- [123 Homeschool 4 Me](#) – educational games & activities
- [Read Write Think](#) – reading & writing education resources additional ideas for kids at home

Activities

- Download your local library's online app, like [Libby](#), to listen to audiobooks or borrow e-books
- [Daily lunch doodles with Mo Willems](#)
- [Free museum tours](#)
- [Free night at the opera](#)
- [Live stream concerts](#)
- [Monterey Bay Aquarium Live Streams](#)
- [Books read by celebrities](#)

When boredom sets in, try learning something new

Utilize this time at home to learn a new skill, try something new or explore a topic that has always interested you. Many companies are offering free or reduced ways to learn and explore during this time.

Learning opportunities

- [Ted Ed](#)
- [Ted Talks](#)
- [Ivy League Courses](#): take over 450 Ivy League courses online for free
- Yale offers popular '[Happiness](#)' course for free
- Listen to Podcasts
- Download your local library's online app, like [Libby](#), to listen to audiobooks or borrow e-books

Activities and exploration

- [Free museum tours](#)
- [Free night at the opera](#)
- [Live stream concerts](#)
- [Monterey Bay Aquarium Live Streams](#)
- [Join an OpenIDEO Challenge](#)
- Write a Novel in a Month with [NaNoWriMo](#)



Consistent with our mission and values, this resource is being provided to members as a convenience and is not an endorsement for the purchase or use of any specific products or information. HealthPartners has no editorial control over information found on third party sites or further external links found on such sites. It is important to follow doctor or healthcare provider instructions for any specific health needs or considerations you may have before beginning a new fitness or exercise routine. While access to most resources and applications listed in this guide are free, some fees may apply. Members should review terms and conditions for specific to each resource. All trademarks, service names, trade names and logos appearing in this resource list are the property of their respective owners. The HealthPartners family of health plans is underwritten and/or administered by HealthPartners, Inc., Group Health, Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company. 19-658668-656592 (04/20) © 2020 HealthPartners