University of Richmond Employee Wellness

How to Stay Healthy When Stuck at Home

Due to the COVID-19 outbreak, citizens around the world are faced with the reality of carrying on everyday routines within their home, including telecommuting and schooling. Staying home is essential for “flattening the curve” and preventing the spread and potential exposure of COVID-19, but the change in routine is leaving many in unfamiliar territory—especially when it comes to leading a healthy lifestyle.

Keep a clean home environment. If you must venture out to the grocery store or pharmacy, be mindful that contact with other individuals increases your risk of being exposed to COVID-19 and spreading bacteria. Reduce your risk of spreading germs in the home by immediately washing your hands for 20 seconds upon returning home and cleaning/disinfecting high-touch surfaces daily.

Keep your workouts going virtually. With many states mandating closures of public facilities, including gyms, those who have committed to a fitness routine are finding themselves in a bind. Fortunately, there are plenty of exercises that can be done at home with little or no equipment, such as: taking a walk around the neighborhood, watching a yoga video on YouTube, performing bodyweight activities like push-ups/wall sits/pull-ups, and utilizing free fitness apps.

Tip: Use LesMills free on-demand at-home workouts (https://watch.lesmillsondemand.com/at-home-workouts/season:1 ). If you like yoga or barre, take advantage of Barre3 or DownDogApp free trials. Fitness Blender also has great YouTube videos.

Try to stick to a meal schedule. If you have stocked up the kitchen in preparation of being quarantined, you or your family member may be finding it difficult to follow a regimented meal plan and feel inclined to reach into the cabinets for extra snacks throughout the day. Meal preparation and designated meal times will help to ensure a well-balanced diet and prevent overindulgence.

Take care of your mental health. While it’s important to stay abreast of the latest information regarding COVID-19, it’s easy to become wrapped up in the information about the pandemic, increasing stress and anxiety levels. Stress-reducing strategies include getting plenty of sleep, practicing meditation (such as with apps like Happify or Calm), and video-chatting with friends and family.

Stay hydrated. Adequate water and fluid intake helps to keep your body strong and have the ability to fight off viruses and infection, but inevitable home distractions may get in the way of ensuring you’re drinking enough water. Follow hydration techniques such as drinking a glass of water before every meal, using large reusable water bottle, and adding natural flavor through fruit infusion.
Yo U R Compliance Connection with Kris Henderson, Director of Compliance and Title IX Coordinator

FERPA AND WORKING FROM HOME

We all know about FERPA, the Family Education Rights and Privacy Act, and how it provides privacy for student records. Now that so many of us are working from home, what should we be thinking about regarding our FERPA obligations?

In March, the Department of Education issued guidance and answers to frequently asked questions for school officials working with health officials in managing health issues while protecting the privacy of students.

Even beyond sharing medical information, moving to online work and teaching raises concerns over privacy. For example, we need to be sure that the software we are all using to reach out and communicate is not violating FERPA. Many companies that offer online platforms are compliant with FERPA including Zoom. Fortunately, the University had a licensing contract with Zoom in place prior to the stay at home order. Please be sure any online platform that you are using meets the University’s FERPA obligations.

Remember, whenever we are dealing with student data, whether we are in the office or not, FERPA still applies. You can find helpful resources on what information FERPA allows us to share and what we must keep confidential on the University’s Registrar webpage. The Registrar’s office has created a helpful webpage on Procedures for Protecting Student Privacy in Distance Education Courses.

Hoping everyone is staying healthy!

Healthy Cooking: Red Curry Lentils

Ingredients:
1 1/2 cup lentils, rinsed
1/2 large onion, diced
2 tbsp. butter
2 tbsp. red curry paste
1/2 tbsp. garam masala
1 tsp. curry powder
1/2 tsp. turmeric
1 tsp. sugar
1 tsp. garlic, minced
1 tsp. ginger, minced
A pinch of cayenne pepper
1 14-oz. can of tomato puree
1/4 cup coconut milk or cream
Cilantro for garnish
Rice for serving

Directions:
1. Cook the lentils according to instructions. Drain, and set aside.
2. Melt the butter in a large saucepan over medium heat. Add the onion and sauté for a few minutes until fragrant and translucent. Add all the spices and cook for 1-2 more minutes. Add the tomato puree; stir and simmer until smooth.
3. Add the lentils and cream. Stir to combine and simmer for another 15-20 minutes (the longer, the better!). Serve with rice and garnish with cilantro.
25 WAYS TO GET MOVING AT HOME

1. Run in place for 30 seconds
2. Dance party for 1 minute
3. Stand up and sit down 10 times
4. Read standing up
5. Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)
6. Jumping jacks for 30 seconds
7. Do the hokey pokey
8. See how many squats you can do in 15 seconds
9. Stand up, touch your toes
10. Wall sits while reading
11. One-minute yoga
12. Stretch your hands high over your head
13. Arm circles forward for 30 seconds, arm circles backward for 30 seconds
14. 10 frog jumps
15. Standing mountain climbers for thirty seconds
16. Stand on one leg, put your hands up, put your hands out to the side
17. 5 lunges on the right leg, 5 lunges on the left leg
18. Practice spelling, do a squat for every vowel
19. Run in place for 30 second, check your heart rate
20. Practice spelling by doing a jumping jack for each letter
21. 30 second plank
22. Practice math problems, do a jumping jack every time the answer is an even number
23. 20 leg lifts
24. Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter
25. High knees for 30 seconds
As you are hunkering down and living in quarantine to protect yourself and others from the coronavirus, the Center for Disease Control and Prevention recommends having at least a two week food supply on hand. Hopefully you have taken a few trips to the grocery store to stockpile some necessities and have bought some canned goods, frozen food and fresh food. In a time like this, you want to make sure that food isn’t wasted.

To make sure that you don’t waste food, take inventory of your pantry, freezer and fridge. This will help you learn which foods to prioritize to decrease waste. Get creative with the ingredients that you have. Combine shelf-stable items like beans, pasta, rice and canned foods with fresh and frozen foods to make a balanced meal. Some of the easier meals and biggest wiggle room for ingredients are stir-fries, soups, chili, sandwiches, frittatas, omelets, and casseroles. If you don’t eat all of it, you can always freeze it for a meal another week. When creating meals, try to have a protein (meat, beans, eggs, tofu, peanut butter), starch (rice, pasta, bread, quinoa, etc), and fruit and/or vegetable.

When your inventory starts to get low and you are struggling with recipes to make, check out Pinterest for recipes or Google recipes for the ingredients that you have. Another good resource is Supercook.com where you can enter all of your food that you have into this online tool and it will spit out different recipes that you can make with the ingredients that you have.

To help you stay on track, plan your meals to ensure that you’re strategically using the food that you have. Stick to a routine of cooking and eating meals that are as healthy as possible, given the circumstances.

Make sure you reach out to friends, family, coworkers, or neighbors if you are not able to get food. There are resources in your community to help with this.