

## **Fall Health Fair Connecting with Others Activity Book**



### **Mental Health is important, even during a pandemic.**

The past year has been filled with unpredictable changes to say the least. As we're constantly bombarded with updates about the COVID-19 pandemic and actions we need to take to protect our physical health - which are important - we thought it would be appropriate to give some ideas to help protect our mental health, as it can be easily forgotten.

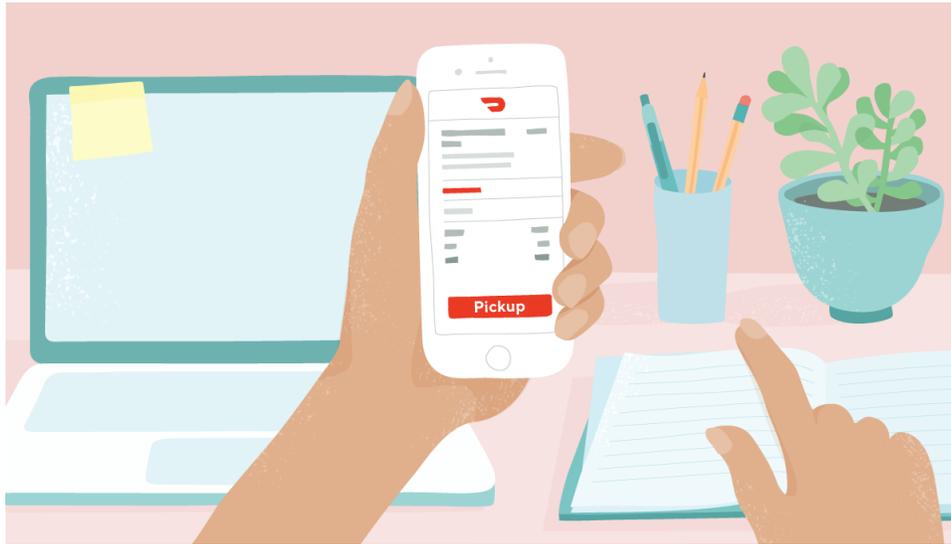
Since the beginning of the pandemic, several preliminary studies have shown increased rates of depression and anxiety in individuals predisposed to these disorders<sup>1</sup>. Similar measurements have shown an increase in depression and stress due to overuse of social media<sup>2</sup>. With somewhat overbearing news and when so much seems out of our control, it can be difficult to keep your head up.

As medical students, the inability for normal classroom settings and the move to "virtual" learning has been difficult. Additionally, with social distancing restricting our normal interaction with our classmates and loved ones, all of us might feel isolated at times. Here we share some of our ideas to try something new, learn, explore, and use our communication tools for good. We know that these tools have helped us keep our heads up, and we hope it will do the same for you!

### **Win a Prize!**

Post a picture of communicating with others to Instagram or Facebook with #RVUSUFallHealthFair or email the picture to [marketing@rvu.edu](mailto:marketing@rvu.edu) for the chance to win a prize!

## Food Delivery



Staying home and social distancing should not keep you from eating a variety of healthy foods. Door-dash, Uber-Eats, and direct restaurant delivery are all great ways to continue to do just that! Not to mention, supporting local businesses is a great way to keep our community healthy at this time. The following is a step-by-step tutorial on how to use door-dash. Your next healthy meal can be just a few clicks away!

### **Website →**

Go to <https://www.doordash.com/en-US>

### **Address →**

Enter the address you would like your food to be delivered to.

### **Choices, Choices, Choices →**

1. Choose the restaurant you would like to order from. The available restaurants are determined based on the location relative to your address.
2. Choose your meal.
3. The website will even allow you to add or subtract any food items to your preference!

We would like to emphasize the importance of choosing a **well-balanced diet rich in protein, healthy carbohydrates, and healthy fats**. Always follow the recommendation of your physician based on your dietary needs. The “quarantine 15” does not have to be a thing! Consider your current activity levels when determining portion sizes, eat slowly, and stop eating when you feel full. These principles may seem self-evident, but they are tried and true practices that will help your body maintain healthy composition.

Disclaimer: We are not endorsing the use of Door dash specifically. Rather, we are using it as an example hoping that you will explore and take advantage of the options available to you at this time to stay healthy and stay happy!

# Hikes and Activities Outdoors

## STAYING SAFE AND ACTIVE SOUTHERN UTAH STYLE

### If You Are Sick Stay Home

Do not go out if you have symptoms

### Social Distance

Maintain CDC recommended minimum 6 feet social distancing

### Avoid Large Groups

Hike with those in your immediate household

### Stay Sanitized

Hand sanitizer for use after contact with public objects

### Be Prepared

See list below for some ideas of equipment to bring

### Have Fun

The most important part, Enjoying the Hike

### Essential Items

- ❖ Cell phone
- ❖ Food
- ❖ Water
- ❖ Sunscreen
- ❖ Flashlight
- ❖ Appropriate footwear and clothing
- ❖ Basic Emergency Supplies: First aid kit, matches, rain gear, cold weather gear (if possibly cold), Map.
- ❖ Inform someone where you are going and when you will be home

### Trails Near St George

- ❖ **Owens Loop** – 2.7 Miles, Dog Friendly, Rating: **Moderate**
- ❖ **Petrified Dunes** – 1.2 Miles, Fee, No Dogs, Rating: **Moderate**
- ❖ **Lava Flow Overlook** – 2.5 Miles, Fee, No Dogs, Rating: **Moderate**
- ❖ **Babylon Arch** – 1.5 Miles, Dog Friendly, Rating: **Moderate**
- ❖ **Turtle Wall** – 2.08 Miles, Dog Friendly, Rating: **Easy**
- ❖ **Johnson Canyon** – 1.8 Miles, Fee, No Dogs, Rating: **Easy**
- ❖

Trail information used from [hikestgeorge.com](http://hikestgeorge.com)

## Indoor Activities

During COVID-19, social interaction may be made tough, especially between families. While there may be distance separating families, here are some fun indoor ideas through which we all can stay connected, with everyone's contribution!

### Scrapbooks



(Credit: Seaweed Kisses, 2014)

You have many options on how you can set it up: weekly or monthly scrapbook sessions between family members via phone call, exchange of the same scrapbook between families or creation of your own, and themed scrapbooks or diary-style ones!

### How-to Books



(Credit: Freerange, 2020)

Ranging from a sailor knot manual book to a family recipe cookbook, this can be passed on from one family to even generations.

## Bedtime Stories



Set up a video call with your family members who have younger children and tell them bedtime stories! The stories can be books you find online or stories of your younger times.

## Texting Tutorial



With a little more time open in our schedules, we have the unique opportunity of trying new things and even learning a new language. So, while you're at home debating between Spanish and French, might I suggest learning how to speak in funny little pictures and videos called memes, gifs, and emojis? You've probably seen them circulating around your kids' or grandkids' Facebook pages. In this tutorial, you are

going to be shown how to add emojis to your phone.

### ***What is an emoji?***

A small digital icon or image used to express an idea, emotion, etc.

### ***How to add emojis to your iPhone:***

Adding emojis to your iPhone is super simple! Follow the instructions below to add the emoji keyboard to your iPhone:

- Open the Settings app.
- Go to General > Keyboard.
- Select Keyboards > Add New Keyboard.
- Swipe through the list until you find Emoji, and then tap it to enable it.

On the Keyboards screen, you'll see the language keyboard you chose at the initial setup of your iPhone, as well as the emoji keyboard. This means that emojis are enabled and ready to use.

### ***Commonly used emojis and their typical meanings:***



- People will typically use this to show that they are laughing hard.



- Often used as a replacement for the words “please”, “thank you”, or as a form of praise.



- Also used as a form of praise or to say something is amazing.



- Used to show you are thinking or that you are being witty.



- When someone is unhappy with something but has accepted it.

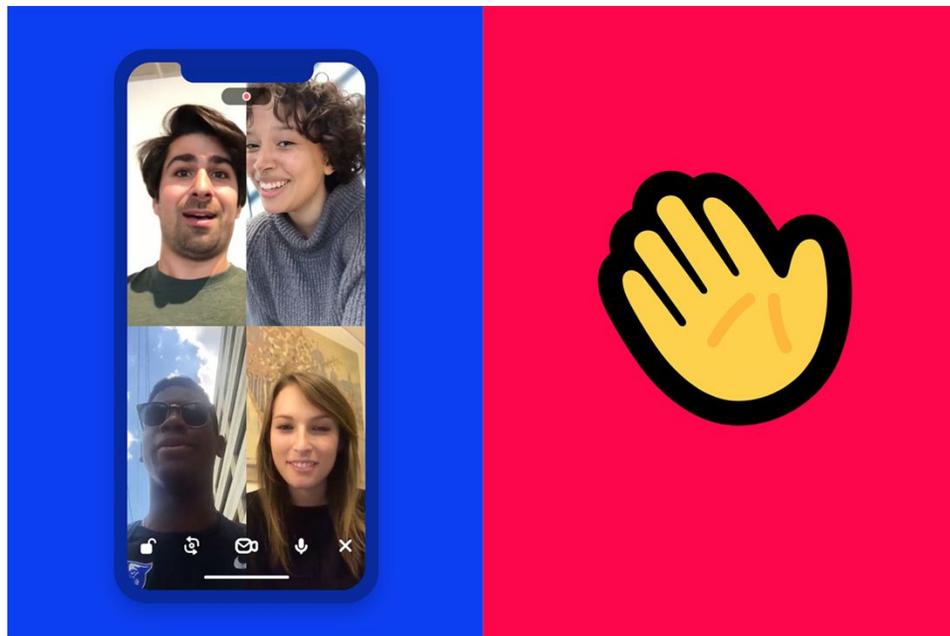


- Can be used to display grimace or nervousness.

### ***Why use emojis?***

Emojis can help to bridge the gap between written language and visual cues in text messages to better convey the messages we are sending. They are also fun! They can add your personality into your text messages and bring your family and friends a giggle or two.

## **Online Games**



Although our physical interactions are limited during this current pandemic, we can still connect with family, friends, and loved ones through a special application: Houseparty!

Houseparty is an application that brings out the fun in a face to face social network. Similar to FaceTime, Skype, Zoom and other video chat services, Houseparty incorporates fun games such as Trivia, “Chips and Guac” (like apples to apples), Karaoke, Charades and much more! Family friendly games that bring you together are right around the corner!

Download the app online or from your smart-phone application store

<https://houseparty.com>

Open the Houseparty application and invite friends from your phone contacts or through email. Then when everyone is connected, click on the Dice icon and follow the instructions to play any of the games listed!

We recommend this application with the understanding that social distancing can be difficult, especially with family and loved ones. Although we stress the importance of following social distancing guidelines to keep our community safe and healthy. One of the benefits in the age of technology is the ability to connect with each other!

#### Sources:

Chirikov, I. (2020, August 17). *Undergraduate and Graduate Students' Mental Health During the COVID-19 Pandemic*.

Escholarship.Org. <https://escholarship.org/uc/item/80k5d5hw>

*Mental health toll from the coronavirus: Social media usage reveals Wuhan residents' depression and secondary trauma in the COVID-19 outbreak*. (2020, January). ScienceDirect.

<https://www.sciencedirect.com/science/article/pii/S0747563220302764>