

TAKING CARE OF YOUR EMOTIONAL HEALTH

It is natural to feel stress, anxiety, or worry during the current situation. Taking care of your emotional health during a crisis will help you think clearly and react to protect yourself and your family. Self-care during this emergency will help your long-term health.

Take care of your body – Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.

Connect with others – Share your concerns and how you are feeling with a friend or family member.

Stay informed – When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials, but...

Avoid too much exposure to news – Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis repeatedly.

Balance is key.

Please use this link to access the latest information and directions from UTSW on COVID-19.

www.utsouthwestern.edu/covid-19/

If you are symptomatic, or think you may have been exposed to someone with COVID-19, it is imperative you exercise good judgment and call Occupational Health for next steps.

- ◆ Main line: 214-645-5300
- ◆ Email: OccupationalHealth-UTSW@utsouthwestern.edu (monitored during operating hours)
- ◆ Occupational Health COVID Pager: 214-786-8355 (after hours)

GET YOUR MOVE ON

Tight hamstrings are a contributor to low back pain. Maintaining overall good flexibility helps us maintain good posture, therefore putting less stress on our joints.

If your car is out of alignment, there is more wear on the tires. We're like that as well.

Click the link below for a video on stretching your hamstrings while sitting at your desk.

[Hamstring Stretches with Lisa](#)

BALANCE MODERATION VARIETY

Colon Cancer Awareness Month

One way to lower your risk of colon cancer is to cut back on red meat. You can do this by substituting dried beans or lentils for some of the ground meat in entrées like meat loaf, spaghetti, and even burgers!



[Beefy Lentil Burger Recipe](#)