

LIVE WELL WATERTOWN

Dear Community Members

We realize how stressful this period of time is, and want to offer suggestions and resources to support your wellbeing. Please see the list below, and share with your family, friends and neighbors. We are in this together, and more than ever, need to take care of ourselves as well as others.



Self-Care & Wellness



- ✚ Throughout the day, pause, try to quiet your mind, and ask yourself what you need most. It may be as simple as taking a few deep breaths to center yourself and release some of the worrisome thoughts you have in your mind and feel in your body. Assure yourself that you will get through this. Sit or stand with your feet firmly planted on the floor (or go outside if possible, and have feet to ground) and imagine being rooted to the earth, like a tree. Breathe in calm and hope, exhale out worry and fear, several times.
- ✚ As much as possible, try to get some exercise, or just move around if you're indoors. There are many free movement types of videos available on YouTube including fitness & exercise, yoga, and tai chi routines.
- ✚ Go outdoors, even if it's just to breathe in fresh air for a few minutes. If possible, walk in your neighborhood for even 5 or 10 minutes, once or twice per day. *Please practice social distancing.
- ✚ To the degree it's possible, eat healthy food, and drink a lot of water to stay hydrated. Being home more than usual offers an opportunity to try new recipes. Have fun with creating new dishes for yourself and/or family.
- ✚ Stress reduction is critical in times of crisis. If you have a practice, be sure to schedule time to do it each day. If not, there are numerous free on-line options for practicing meditation, yoga, and other forms of stress management. See the resources below as some good options for meditation practices during this challenging time.
- ✚ Make a list of what you are grateful for.
- ✚ Think about what you can do to help others. Check in with family and neighbors to see what is needed. It may simply be to talk with someone, share a story or laugh. Connecting is caring.
- ✚ Limit the amount of time you take in news. Although it's important to stay updated on what is happening, there is an overabundance of information being fed to us throughout the day and we need to intentionally limit how much we hear and see. Make a decision of what, when, and how much news you want and need, and create a schedule that is realistic and you can stick

Resources:

Self-Care & Stress:

<https://blog.calm.com/take-a-deep-breath>

<https://www.headspace.com/covid-19>

Community Information & Resources

Town of Watertown: [WEBSITE](#)

If you are not already a subscriber to the Town's **Notify Me** system, take a minute and sign up so you receive important news from the Manager and other departments: Link is here: [Town's Notify Me](#)

Community Spreadsheet with offers, needs, and resources: [Community Resources](#)

Related to Covid-19:

Massachusetts Department of Public Health (MDPH) Resource:

<https://www.mass.gov/2019coronavirus>

Center for Disease Control COVID-19 information: [CDC website](#)

Watertown Health Department Corona virus webpage: [Watertown HEALTH](#)

Watertown Health Department at 617-972-6446

MDPH Bureau of Infectious Disease and Laboratory Sciences at (617) 983-6800