



COVID-19 Update: March 19, 2020

Dear Liv Team:

Amidst these challenging and uncharted waters, we have tremendous opportunity to demonstrate in real ways how we Liv our values. With the virus has come uncertainty, elevated levels of stress, and in some cases, fear that can further impede our health. In an effort to Liv out our Why of helping people Liv fuller lives, we intend to provide some ideas, tips, and other information that can help all of us stay fit physically as well as mentally. We also just might send some funny communications because laughter is the best medicine! To get this effort started, we invite you to make the time to follow these words of wisdom at home and at work. We also challenge you to work alongside your leader to find the appropriate time for “stress” breaks. If you have additional ideas on healthy tips please reply to this email to LivWell. We are in this together and together we are Liv strong!

Some words of wisdom amidst the fear and panic from Joan Borysenko, a medical scientist with a doctorate from Harvard Medical School. She was one of the pioneers in the field of psychoneuroimmunology, which is how the mind affects immunity.

*Virus as opportunity. Rush, worry and stress are the pandemic that will persist long after the virus recedes. So instead of getting panicky and stocking up on a month's worth of toilet paper and margarita mix, remember to invest in rewiring your brain and nervous system for calm, healing, and optimizing your immune system.*

*How to do that? Take a deep breath and relax. Meditate for 20 minutes. Do some yoga or chi gong. Listen to music- really listen. Lift your eyes to the sky and watch the clouds. Whatever you do, do it with mindful attention. Savor the hot shower. Enjoy raking the yard- feeling how your muscles move, listening to the sounds, enjoying the swelling buds. And above all, don't waste that rare and precious cookie by thinking about something else when you eat it.*

*Mindful activities elicit the relaxation response, the body's counterbalance to the stress response. The fight or flight response won't help you out run the virus. But when you relax, the parasympathetic nervous system comes online. It creates a "rest and digest" response, which invites the body's self-healing systems to ramp up. This helps to create resilience to the virus.*

*80-90% of illness is caused or worsened by stress. So, take the opportunity the virus is providing to be curious about how you could rush less and be more present in your life. You can help your body resist infection, and enjoy life more in the process!*

*Nurture yourself with regular sleep (go to bed and wake up on a schedule), eat organic whole foods, surrender yourself to music, meditate, and take advantage of life's goodness with more ease and grace.*

*Did you know that the human brain is hard-wired for negativity? It's a survival thing. My friend, psychologist Rick Hanson says that good stuff is like teflon and bad stuff is like velcro. Every time you savor something good, you actually begin to rewire your brain for happiness and resilience. So let's foil that famous negativity bias!*

Stay connected! For our most current communication and updates on COVID-19, please visit our website at <https://livcommunities.com/covid-19/>. As always if you have any questions, suggestions or just need to have a friendly chat, we welcome and encourage you to reach out to [LivWell@livcommunities.com](mailto:LivWell@livcommunities.com)

Sincerely,

The Liv Well Task Force