

# Virtual CSS Webinar Series

March – April 2020

## THEMES:

- \*Physical Health and Wellness
- \*Mindfulness/  
Stress Reduction
- \*Cognitive Activities
- \*Household Tasks
- \*Creative Arts



## Additional Resources

### Mindfulness: Pranayama Series, Box Breath

In this series of #HBHealthAtHome mindfulness blog posts, we will begin reviewing Pranayama exercises. These exercises focus on controlling the breath in different ways to support new meditative goals. Pranayama exercise can be used for a variety of benefits. They can be used to improve reduction in stress and anxiety, support in coping and healing, or even providing your body with more energy at the beginning of your day.

Today we will review the Box Breath.

<https://www.homebase.org/news/mindfulness-pranayama-series-box-breath/>

### Mindfulness: Active Listening For Better Conversations

Are you one of those people who is already thinking ahead about what your response will be while someone is still talking to you? Often it is because you find that you relate to what they are saying, and you want to express to them that you understand. When you do that, however, you may often find yourself interrupting them OR missing an important part of the content or intention of what they are trying to tell me. Trying to be a more “active” listener can help improve my conversations and something you can try as well. Here are three key ways to improve your active listening skills

<https://www.homebase.org/news/mindfulness-active-listening-for-better-conversations/>

### Mental Health: Tricks to Improve Memory

Do you have a hard time remembering names, dates, and conversations? Are you continually misplacing objects, or walk into a room and forget what you were doing? These are common memory difficulties that plague all of us, but they may leave you feeling frustrated and concerned that something more serious is happening in your brain. The truth is, most of us have perfectly intact memory; we are just out of practice in how to learn best and remember new information. Today we’re going to offer some tips to improve your memory.

<https://www.homebase.org/news/mental-health-tricks-to-improve-memory/>

## [Mental Health: How to Fall Back Asleep](#)

Waking up in the middle of the night and not being able to fall back asleep can be a frustrating, if not maddening, experience. If you've ever laid in bed during the wee hours of the night watching the hours tick by one by one, then you know what I'm talking about. Luckily, today we will be covering some strategies you can use to help you fall BACK to sleep. In all actuality, waking up in the middle of the night is quite common. Johns Hopkins Medicine estimates that 1 in 5 Americans have difficulty getting back to sleep. So, what do we do about it? Check out these strategies to help you the next time you find yourself awake and not able to fall back to sleep.

<https://www.homebase.org/news/mental-health-how-to-fall-back-asleep/>

## [Mental Health: When Checklists Don't Work](#)

Creating a checklist is based on the idea that we are all verbal learners; that an individual learns by reading information. However, the truth is that many of us are non-verbal learners. We learn by seeing and doing. Additionally, there are several challenges when using a checklist approach. Some people may experience feelings of being defeated if all of the steps are not completed. They may have thoughts that if one thing goes wrong they need to give up on the task or have difficulty coming up with alternative solutions if the plan doesn't go as hoped. Does this mean that if I am a non-verbal learner I should give up on my to-do list? No, it means that you just need a different approach.

<https://www.homebase.org/news/mental-health-when-checklists-dont-work/>

## [Free Guided Meditations](#)

We're recording and sharing meditations specifically designed to help you deal with coronavirus-related stress and anxiety - and mixing in some old favorites that should also help. Please share this page widely. These resources are free for all.

<https://www.tenpercent.com/coronavirussanitymeds>

## [Mental Health: How to Get On A Sleep Schedule](#)

Being consistent is important in maintaining a functioning sleep schedule. With the changes in daily routines and responsibilities, it is crucial to set up and maintain a sleep schedule. In today's Operation Health@Home mental health post, Home Base's Dr. Lauren Brenner offers some education and tips to ensure you have the tools to fix your sleep schedule.

<https://www.homebase.org/news/mental-health-how-to-get-on-a-sleep-schedule/>

## **Mental Health: Motivational Interviewing**

Have you been struggling with doing something that you know is good for you? Creating change is hard enough in normal times, but even more so now. Motivation is at the heart of so many of our behaviors and Motivational Interviewing can help us move away from feeling stuck or uncertain and toward making healthy changes. Here's Home Base's Dr. Patrick Downes to explain in today's #HBHealthAtHome mental health segment.

Motivational interviewing is a psychotherapy approach that helps people move away from feeling stuck or uncertain, and toward finding motivation and making positive change.

<https://www.homebase.org/news/mental-health-motivational-interviewing/>

## **Nutrition: Grocery Shopping Guide and Tips**

Tasty, wholesome meals are started well before dinner time. In fact, most of the meals we cook start several days before mealtime – in the grocery store when you purchase the ingredients. Knowing the grocery store is an important part of preparing meals at home, so I wanted to share with you a quick guide that can help to improve your grocery store experience and put you on the right path for making healthy, nutritionally balanced meals.

<https://www.homebase.org/news/nutrition-grocery-shopping-guide-and-tips/>

## **Nutrition: How to Start A Sustainable Garden At Home**

Gardening is great for many reasons! Growing your own food can save you money while also providing exercise and time outside. Some even find gardening to be a relaxing activity to problem solve and relieve stress.

<https://www.homebase.org/news/nutrition-how-to-start-a-sustainable-garden-at-home/>