Physical Wellbeing

Physical wellness is essential to living a long healthy life. Important aspects of physical health include exercise, nutrition, and sleep. Maintaining a healthy body not only promotes your physical health, but can benefit your emotional, intellectual and relational wellbeing too.

Exercise: Find the time to get your body moving! Try to get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, with at least two days of muscle-strengthening activity. Harvard Rec’s group fitness virtual class.

Nutrition: Your body deserves nutritious fuel to perform your best! Dieting is out and healthy eating is in. Foods like vegetables, fruits, whole grains, dairy, and lean protein have the nutrients you need to nourish your body and mind.

Sleep: Recharge your body and mind! Making time for a good night’s rest is a wise investment. A pattern of seven to eight hours of sleep will keep you feeling sharp and ready to tackle the day. Click here to learn more.

Ergonomics

Working remotely can present unique ergonomic challenges as there are several barriers to achieving the neutral postures necessary in the computer workstation setup. Below are some tips to create an ergonomically sound work environment:

- If you only have a hard chair causing pain in the back or buttocks, sit on a pillow.
- If you need lumbar support, fold a towel in half and roll it up or roll a sweatshirt, and place it at the “S” curvature of the back
- If you have wrist pain, take a facecloth or small towel, fold it, and place it in front of the keyboard for wrist/forearm support
- If your workspace allows you to raise your laptop (because you have an additional keyboard/mouse), use books or boxes
- If you need to implement a footstool to your space, use boxes or books
- If your workspace isn’t ergonomically sound, consistently move your position to maintain blood flow and alleviate pain in certain areas, i.e. move from the hard kitchen table, to standing at the counter, to taking your conference call from the couch)

We encourage to be creative when it comes to solutions! For more information about at home ergonomics read here.

Game Night

Ellen Tang in Student Services has offered to host a fun and appropriate/family friendly virtual game night for GSD Staff! She will share her screen and players can interact with the game on their mobile phones: jackboxgames.com/party-pack-three/

Please contact Ellen at etang@gsd.harvard.edu if you are interested!
April is National Poetry Month! NPR podcast Life Kit shared an episode on “how to appreciate poetry.” And if you’re at home and have burned through all the TV you can stand, you may just need some art to help you process that sadness or anger or fear. And this might be a good time to give poetry a try. A great poem can be there for you — the same way other works of art you hold dear can. Listen and read 5 tips on How To Get Into Poetry here.

The inaugural youth poet laureate is a Harvard student and she was featured on CBS this morning – Youth Poet Laureate Amanda Gorman offers words of hope amid pandemic.

Also, the Poetry Foundation offers a good article for folks who don’t normally read poetry. A poetry primer for the uninitiated. And need a place to start? Poets.org is great website and you can get poem a day in your inbox daily. Sign up here.

**Option B: Facing Adversity Building Resilience and Finding Joy**

In the Book "Option B", Sheryl Sandberg and Adam Grant explore resiliency through stories and research to offer practical advice for supporting ourselves and others in crisis. Given the current state of affairs they are providing excerpts from the book along with digital cards and other resources to help us all with this. Please find more information here. Full excerpt also available here.

**Earth Day**

Denis Hayes, a graduate student at Harvard ended up organizing the original Earth Day on April 22, 1970. Earth Day 2020, has shifted, in the time of coronavirus, to the digital realm. Read more here.

**The Boston Calendar**

The Boston Calendar shares daily things to do online in Boston. Here is a list of activities. Many activities are fun and family friendly. Sign up for a daily newsletter here.

**Avoiding Financial Scams During COVID-19**

There have been numerous reports of financial scams related to COVID-19. Read more here for quick snapshot of financial scams you might encounter, with key advice on how to avoid them.

**How Does a New Yawker Tawk?**

The #BestNYAccent challenge on Instagram brought out the sound of an unflappable city. Read and watch here.

**Give Yourself a Buzz Cut Now**

Need a hair cut? Me too! If you can’t wait until your favorite hair salon or barber shop opens up, look no further. The New York Times wrote a great article (with visuals) to help you give yourself a buzz cut. Read and watch more here.

"If you don’t like something, change it. If you can’t change it, change your attitude." – Maya Angelou