



Dear CCNY Community,

This week we present:

Letters to Home – Finding Movement at Home

As we have all been confined to our living spaces lately, it is only natural that we are moving less and we are not as physically active. It is important to stay aware of how our body is feeling as many times our body can provide us with valuable information about our level of stress. Getting even a little bit of movement back into our routines can improve our mood and benefit our mental and physical health. Take a look below for some tips on how to keep moving in quarantine.

- **Enjoy the Fresh Air:** As nicer weather and more sunshine are coming, even sporadically, try to take advantage of it. If you can, safely taking short walks in uncrowded areas can be a great way to get some fresh air and see something other than your living space! Opening your window and letting the air in while you go about other tasks can provide a little boost in your mood as well.
- **Stretch Out:** Stretching can be so simple yet so effective for helping you identify and release tension in the body. You can begin to incorporate stretching into your daily routine by stretching as you are getting out of bed in the morning or when you have been sitting at your workspace for too long. Other movement practices like yoga or dance also incorporate stretching and can get your body moving even more.
- **Start Small:** Staying active in times of stress, while beneficial, can be difficult in terms of getting started and staying motivated. Start small by walking around your living space when you are on the phone, take a trip up and down the stairs if you have them, or take an exercise break between study sessions by doing 15 jumping jacks or a 30 second planks. Any extra movement you can add to your daily tasks will get the ball rolling and you can build it up from there by adding other activities you enjoy.
- **Make Virtual Workout Dates:** Working out and staying active is usually more fun when you have company! If you are used to working out with someone, try setting aside a time each week to video chat and continue your workouts together. This also helps with accountability and motivation! There are many free resources (Nike Training Club app) you can use or you can create your own exercise routine with workout gear you have at home. Get creative - bags of pet food, canned goods, or laundry detergent bottles can take the place of weights.

- **Get Playful:** If you are at home with kids, engaging in an active playtime can be a great way for the whole family to get moving. Playing games like charades, Simon says, creating an obstacle course, or building a fort out of household objects are creative ways to move and play together. Getting playful with fun music and dancing around alone or with roommates is another great way to get the blood pumping with no gym equipment required.
- **Spring Cleaning:** If you happen to have more time on your hands recently, doing some spring cleaning or taking care of long neglected projects can be another simple yet effective way to stay active. Sweeping the floors, cleaning tables, or washing your windows can get your body moving more than you might think. Not only will you have completed a project around the house, you will also get some steps in!
- **Be Intentional!:** Prior to shelter-in-place, many of us may have gotten used to moving around unintentionally because of our commutes or class schedules. Now that we have moved to a more stationary routine, being intentional with scheduling movement into our day would be useful. For example, determine certain time frames during the day to move around (e.g. work out from 5-6PM) or set small goals to complete (e.g. walk one mile a day).

Additional resources:

[WHO Activity Recommendations and Stretches](#)

[WHO Staying Healthy at Home](#)

[Free Workout Videos \(for Individuals & Families\)](#)

[CorePower Yoga on Demand \(free\)](#)

[Planet Fitness - Free Workout Videos](#)

If you are worried about your safety or the safety of a loved one, **call the National Suicide Prevention Hotline at 800-273-TALK (8255).**

If you or a loved one is confined to an unsafe home, call the **National Domestic Violence Hotline at 800-799-SAFE (7233)**; if you're unable to speak safely, visit thehotline.org or text LOVEIS to 22522.

For immediate mental health support please call NYC Well 1-888-NYC-WELL (888-692-9355). NYC Well provides free, confidential services to support mental health concerns. NYC WELL is available 24/7 and can provide assistance in over 200 languages.

You can also text WELL to 65173 or access the NYC WELL website at <https://nycwell.cityofnewyork.us/en/> to chat with a counselor.

Stay safe and take care of each other,
The Counseling Center