



"Stay Home, Stay Safe"

Arizona is still under Governor Ducey's "Stay Home, Stay Safe" order. This order was extended indefinitely in order to slow the spread of Covid-19.

Make sure you are taking all the proper precautions when needing to go out and talking with your supervisors about if and when you it is safe to return to work

The TO Nation is under the same order of staying at home and staying safe. The order does say outdoor activity is permissible so long as physical distancing measure are in place.

TOCC Times

What you'll find:

Covid 19 - Reminders **P.1**

Monday & Tuesday **P.2**

Wednesday & Thursday **P.3**

Friday **P.4**

Avoid the Three Cs

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



Crowded places

with many people nearby



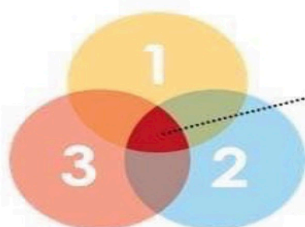
Close-contact settings

Especially where people have close-range conversations



Confined and enclosed spaces

with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.

DAILY BOOST PODCAST

Start your morning and your week off right by listening to "The Daily Boost" Podcast. It can be found on any podcast apps so you can listen right from your phone. It only takes about 15 min to get your head right and you ready for the week

GRATITUDE JOURNAL

Using a gratitude journal can put you in the right frame of mind to start your day. It is also a great way to reflect on the day that you've had and how you made it great and how you could have made it better. This is a great mental exercise to be honest with yourself and get things going in the right direction right from the start! This is an example of one that you can use but you can buy full journals from amazon and most retail book sellers.

MOTIVATION MONDAY

LISTEN TO "HAPPINESS STARTS TODAY" FROM THE DAILY BOOST

<https://podcasts.apple.com/us/podcast/daily-boost-daily-coaching-and-motivation/id207251905?i=1000485456718>

Kick off your TOCC Wellness Experience by listening to The Daily Boost Podcast. Start your week with tips on how to keep track of the big picture and where you are heading during these tough times

TRY IT TUESDAY

TOCC Wellness Gratitude Journal

Date: __/__/__

Morning Journal:

Today, I am grateful for:

How will I make today awesome?

Positive affirmations:

What will I accomplish today?

Evening Journal:

Today's amazing moments were:

How could I have made this day even better?

Whose day can I brighten tomorrow?

Game plan for Tomorrow:

I am currently feeling:



WELLNESS WEDNESDAY

Click the link below to joining the
Wellness presentation:

meet.google.com/xzm-qvyg-oec

THERAPUTIC THURSDAY

THE POWER OF SLEEP

Source: National Collegiate Athletic
Association, American College
Health Association
Infographic provided by the National
Athletic Trainers' Association

Sleep is vital to health and function,
especially among student athletes
who need be at top performance
physically and mentally.

SLEEP IMPACTS

COGNITIVE PERFORMANCE:

- Learning and memory: During sleep, the mind will filter, sort, evaluate, consolidate and integrate information taken in during the day.
- Decision-making: Sleep loss impairs the ability to make decisions and clouds one's judgement so they don't know they're making impaired decisions.
- Vigilance and alertness: When sleep deprived, a person's ability to focus and maintain attention is hindered. As with decision-making, a sleep deprived person is typically unaware of their own impairment.



SLEEP IMPACTS MENTAL HEALTH:

- Stress and anxiety: The body's ability to appropriately control stress and emotions depends on sleep to maintain proper function and without it, the body is less able to process stressful events and is more emotionally out of control.
- Mood and depression: Several functions of sleep involve processing and regulating emotions, tying depression and lack of sleep closely together.



SLEEP IMPACTS

PHYSICAL HEALTH:

- Healing and recovery: Cells grow, repair and rebuild during sleep, making it essential to athletic performance and injury prevention.
- Metabolism: Sleep controls insulin and glucose functioning, secretion of metabolic hormones and the way fat and muscle cells use and store energy.
- Muscle growth: The healing that takes place during sleep is essential to muscle growth. The human growth hormone is also controlled by sleep.
- Weight control: Poor quality sleep, short sleep durations and sleep that is uncoordinated with internal rhythms can lead to weight gain and obesity—especially in adolescents and young adults who require more sleep.

INSUFFICIENT SLEEP AND STUDENT ATHLETES

Most college-aged student athletes experience four nights of insufficient sleep per week on average.

One-third of college-aged student athletes get fewer than seven hours of sleep per night. This rate is higher among female athletes.

Sleep deprivation among college-aged student athletes is often attributed to: frequent travel for competitions; uncomfortable sleeping arrangements; stress; the challenge of balancing athletics, academics and student life; and sleep disorders such as insomnia and sleep apnea.

ARE YOU STRUGGLING TO SLEEP?

Eight hours is the recommended amount of sleep for someone age 17 to 22 for optimal health and function. One way to get better sleep is to create the ideal sleep environment, which is cool, dark and comfortable. Remove any distractions, such as electronics, bright lights and noise.

Contact your medical provider if you're experiencing problems sleeping or if you think you have a sleep disorder.

ZOOM MEETING TOPIC

Adjusting to the new school
year. Online school tips to
have a good semester!

TAKE A NAP!!!

There are numerous
advantages to sleep. Better
cognitive performance,
better physical health (helps
with recovery & weight
control) & it's better for
mental health. It can lower
your stress and keep you in
a good mood all day. Make
sure you get the
recommended 7-9 hours of
sleep at night. Take a 20
min power nap to feel
refreshed throughout the
day.



FRIDAY WORKOUT

Make sure you are properly hydrating before, during & after the workout.

-Pre workout = 20oz of water

-During workout = gatorade

-Post workout = water w/ electrolytes & some for of protein (Peanute butter, protein shake, etc)

FITNESS FRIDAY

Complete 2 Rounds of Each Circuit

Warm up before: 5 min

- Stretch
- Jumping jacks
- Big Arm Circles

Circuit ONE – All 4 exercises 1 min each, 10 sec rest

- 4 Push up + 8 Mountain climbers
 - 5 Squats + 5 Calf raises
 - 4 Sit ups + 10 russian twists
 - 6 Alternating forward lunges + 6 Alternating side lunges
- Rest 1 min before round 2
 - Rest 2 min before starting Circuit 2

Circuit TWO – All 4 exercises 1 min each, 10 sec rest

- 5 crunches + 5 leg lifts
- 4 jump squats + 4 drop squats
- 4 plank taps (tap shoulder w/ opposite hand) + 4 cross mountain climbers (knee to opposite elbow)
- 6 Alternating reverse lunges + 6 Drop lunges

Total Workout Time: 20 min

GREAT JOB ON YOUR FIRST WELLNESS WEEK!