



# TOCC Times

## National Gratitude Month

### What you'll find:

Covid 19 - Reminders **P.1**

Monday & Tuesday **P.2**

Wednesday & Thursday **P.3**

Friday **P.4**

### "Stay Home, Stay Safe"

Arizona is beginning to open up with movie theaters, restaurants and some schools headed back in person. It is in this time that we take extra care of ourselves and each other.



### Tohono O'odham Nation Health Care (TONHC)

COVID-19 Situation Update: October 14, 2020

T-Ñukuda Ha'icü Cihañig

This is a rapidly evolving situation. Information is based upon data as of October 14, 2020 at 7:00 and may change as more data becomes available.

#### COVID-19 Data among Members of Tohono O'odham Nation (TON)

Total Cases	Percent Positive Tests This Week	Recovering	Recovering (%)	Deaths
<b>555</b>	<b>5%</b>	<b>437</b>	<b>79%</b>	<b>28</b>

#### COVID-19 Contacts Interviewed

**1,453**

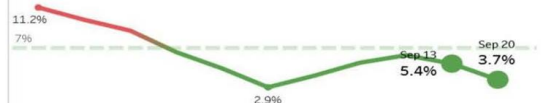
#### Pima County COVID-19 School Reopening Benchmarks Not Met (10/8/20)

##### Benchmark Not Met

- 1 a)  Decline in cases: **Not Met** OR
- 1 b)  Less than 100 cases per 100,000 individuals for two consecutive weeks: **Not Met**



- 2)  Two consecutive weeks with percent positivity below 7%: **Benchmark Met**



- 3)  Two consecutive weeks with hospital visits for COVID-like illnesses in the region below 10%: **Benchmark Met**



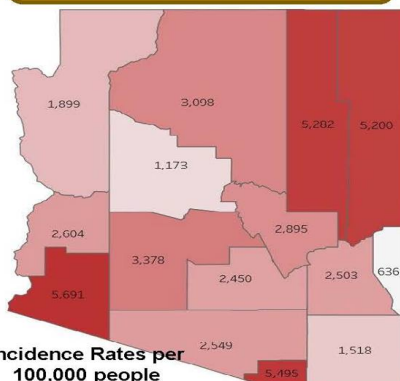
Incidence rate is the number of new cases of COVID-19 in the population over a specified period of time. This allows comparison of areas with different population sizes. Population size is from <http://www.tonation-sn.gov/districts/> (Fall 2016), accessed 8/28/20.

#### COVID-19 Cumulative Incidence Rate among TON members residing on the Tohono O'odham Nation

**2,650** per 100,000

#### Arizona

**3166** per 100,000



Incidence Rates per 100,000 people

TONHC Situation Update 10/14/2020 7:00  
Wear a mask, physically distance, and wash your hands to protect Tohono O'odham Nation

## Motivation Monday

This nearly 20 min talk from a former baseball player and current speaker and author Mike Robbins focuses on gratitude in the workplace. In the talk, Robbins discusses the difference between recognition and appreciation and argues that appreciating employees for who they are rather than the things they do leads to better results for everyone.

## TRY IT TUESDAY

Try this Gratitude journal this whole week and see how you feel. Write down 3-5 things that you are grateful for everyday.

# MOTIVATION MONDAY

Watch “The Power of Appreciation”

<https://youtu.be/a3wX8nmvIZ0>

## TRY IT TUESDAY

### Gratitude Journal Template

*TheJoyWithin.org*

*Instructions: Write down 3-5 things you are grateful for. Try to write a few sentences for each entry, rather than a bulleted list.*

**1. What was the best thing that happened in the last 24 hours?**

*Example: This could be as simple as enjoying a few moments of sunshine on your way to work, or cooking a delicious, healthy meal.*

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**2. Who is someone you are thankful to have in your life?**

*Example: Think of someone who cares about you and shows you how they care through small actions: a simple phone call, birthday card, or even just a smile.*

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**3. What is the most important thing in your life, right now?**

*Example: Describe something that is going well for you: maybe you like your career, your family is doing well, or you have vibrant, radiant health. Pick one thing and write several details.*

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**4. What is something you take for granted in everyday life?**

*Example: If you live in a developed country, you probably have running, potable water. You use it every day to drink, clean, shower, use the bathroom, cook, etc. Feel into how lucky you are to live somewhere that has instant access to clean water.*

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**5. Describe a current or recent memory of nature: a nice view, plant or animal.**

*Example: What flowers are in bloom in your neighborhood? Did you pass any adorable dogs recently, or see a bird outside the window?*

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# WELLNESS WEDNESDAY

Discover the Three Keys of Gratitude to  
Unlock Your Happiest Life

<https://youtu.be/ewi0qlqrshE>

# THERAPUTIC THURSDAY

1. Gratitude Journal
  - a. Maintain a gratitude journal every morning and night
2. Gratitude Letter
  - a. Sit down and write a letter to someone who has exerted a positive influence in your life but who you have not thanked. Can be anyone and does not have to be long, just be specific about what you are thankful for.
3. Gratitude Charm Bracelet
  - a. If you are able, buy a charm bracelet and choose charms that are meaning ful to you. Some examples are:
    - i. Heart = significant other
    - ii. Apple = health
    - iii. \$ = financial serenity
    - iv. Symbol that represents your profession
4. Thankful Tree
  - a. Arrange tree branches in a colorful planter
  - b. Cut out paper leaves in different colors, shapes, and sizes
  - c. Place the leave in a bowl, along with markers, and put the bowl next to the tree branches
  - d. Have each guest pick a leaf, write down what they are grateful for and hang on the branches.

## WELLNESS WEDNESDAY

The talk from Jane Ransom discusses the relationship between gratitude and happiness, specifically how practicing gratitude can lead to happiness. Ransom discusses her ideas in a very accessible way, making this an excellent way to introduce people to the power of gratitude.

## THERAPUTIC THURSDAY

Try some of these gratitude therapies to improve happiness and mood.



# FITNESS FRIDAY

## Fitness Friday

Gratitude has a big impact on health and fitness. Researcher Dr. Robert Emmons reports those who “view life as a gift” experience stronger relationships and improved resilience and health. He compares gratitude to a muscle that requires exercise to stay fit and functional. Research shows:

- Improved goal attainment
- Increased Optimism
- Reduced anxiety and depression
- Healthier Lifestyle

1 squat

2 reach-through

3 no-jump burpee

4 plank extension

5 lunge

6 no-jump tuck

7 skaters

8

www.FitYaf.com

# GREAT JOB ON YOUR WELLNESS WEEK!