

Say “Goodbye” to #Quarantine15!

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Stay Calm and Well

Part IV

Learn strategies to reduce stress and improve your optimal state of health and well-being during challenging times.



Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life

Skills Building - Week #2

- Start with what you CAN do
- Solution-focused thinking
- Chunk your time
- Deal with your emotions
- Find your purpose
- Set a personal goal for this week to build momentum



Today you will learn:

- Whether/why to worry about #quarantine15.
- Simple steps to overcome pandemic paralysis and start shedding your #quarantine15.
- Where to locate resources that can make healthy eating easier.



Poll: Is #Quarantine15 a matter of concern?

Yes, because:

- The foods we consume for comfort in stressful times tend to be high in calories and low in nutritional value.
- What we eat can help or hinder our immune function.
- Diet is associated with chronic disease risk.



Overcoming Pandemic Paralysis: How to Approach Your #Quarantine15

- Adopt a positive perspective
- Start small – chunk your goals
- Set yourself up for success
 - Identify your cues
 - Modify your environment
 - Plan ahead



Find and try a new recipe that features fruits and veggies

- Zipongo
- Celebrate Your Plate - <https://celebrateyourplate.org/>
- Food Hero - <https://foodhero.org/>
- MyPlate Kitchen - <https://www.myplate.gov/myplate-kitchen>



Discover a new way to prepare fruits and veggies

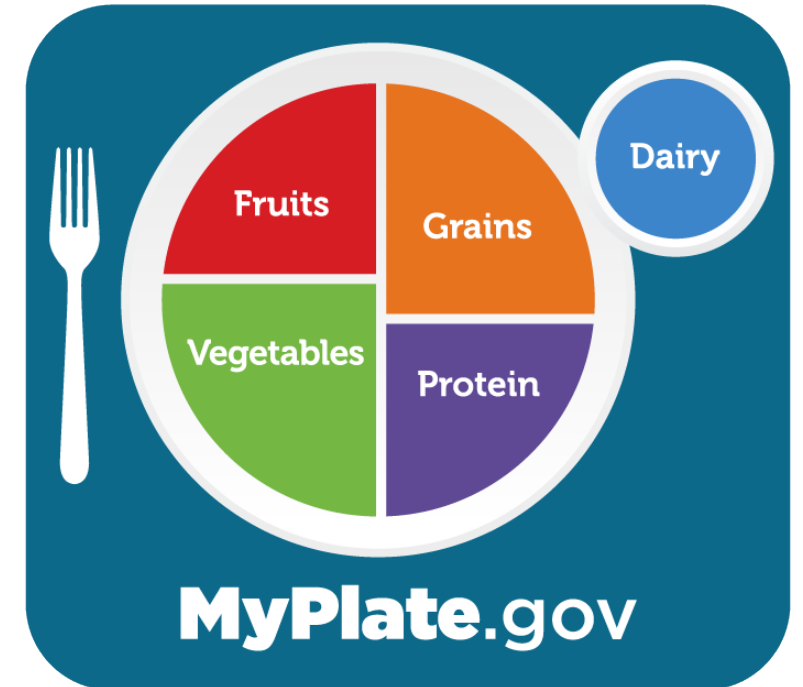
- Grill – [marinated summer squash](#)
- Air-fry – [sweet potato fries](#)
- Dehydrate – [kale chips](#)

Videos are also available at
<https://u.osu.edu/growingfranklin/>



Additional Resources and Tools

- MyFitnessPal
- Start Simple with MyPlate app
- Health Coaches
- Registered Dietitians
- Accountability groups



Skills Building - Week #4

- Adopt a positive perspective to overcome pandemic paralysis and approach your #quarantine15
- Chunk your goals and celebrate small achievements, like finding and trying new recipes
- Identify your cues and modify your environment to set yourself up for success
- Seek out additional support when you're ready



Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!

Please complete a brief survey following this presentation

This survey will be sent via email to all registrants.

This and all future series recordings can be found at:

<https://u.osu.edu/keepcalmcovid194/recorded-webinars/>



Next Week

April 7, 2021 12:30 - 1:00 pm EST

Gardening as Self-Care Practice

Patrice Powers Barker, CFLE

Family and Consumer Sciences Educator

Ohio State Extension in Lucas County

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Questions?

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OSU Extension Live Healthy, Live Well Blog: *LiveHealthyOSU.com*

livehealthyosu.com/2021/03/18/say-goodbye-to-quarantine15/

livehealthyosu.com/2021/01/28/overcoming-pandemic-paralysis/

livehealthyosu.com/2020/12/17/find-inspiration-to-fight-cooking-fatigue/

