



Linda's T'ai Chi

Weekly Handout Week of April 12, 2020

Staying SANE during this crisis is an essential part of our health wellbeing. Excerpted from the Blue Zone Study newsletter, staying SANE takes some effort during this crisis. Our lives have changed immeasurably and we don't know how long it will last. Nor do we know if there will be resurgence after a period of calm as in the 1918 pandemic; so many unknowns. Being creative in how we use our time requires confidence in ourselves and a sense of hope that we will get through this safely. There is always a concern that we may get sick or one of our loved ones.

I am attaching an interesting work sheet from the Blue Zone Study that allows you (A) and a partner in your home or a friend on video conferencing (B) to score each item on a daily or perhaps weekly basis ideas to remain SANE. Then you choose the highest scoring idea to focus on for that time period. For those of you who like checklists and structure, this is perfect.

First, how do we remain SANE?

S is for take your **Safety Seriously** We need to take all medical and scientific advice to heart and follow the instructions perfectly. We need to know that any breach of protocol that is advised puts ourselves and our loved ones at risk. After my kidney transplant in 2004, I wore a mask for 3 months. And I was not sick. The mask was not protecting other people from me; it was to protect me from other people. My immune system was shut down to protect my new kidney and so I needed the protection. This is the same. It is wise to consider wearing a mask whenever you are around people at the store or walking a path where you might encounter someone. Take your health and safety seriously.

A is for **Active**. To maintain a good healthy balance of heart and soul (Body, mind and spirit) we need to be active on a daily basis. I am practicing T'ai Chi daily, a little gardening and a walk around my neighborhood. I move as much as possible.

N is for **Neighborly**. Watching out for others is a hallmark of our community. We do it naturally here in Bellingham and the County. Keeping an eye out for our neighbors who may be in the high risk group will make each us feel better about getting through this.

Perhaps you are participating in the 7 PM singing, clapping to thank our first responders and health care providers. Whatever you do, it will make you feel better.

E is for **Engage**. In the actual Blue Zone study, E is for energetic. But, I take license to apply Engage. I know I feel better when I engage my creativity, my outreach to friends and family on a daily basis. Engage your laughter and sense of awe.

If you find yourself having periods of anxiety, uncertainty or fear, it is normal. Take deep breaths and give yourself permission to experience your emotions and find ways to be SANE.



Peace, Linda