

CC Wellness

...be you, be well!



Our meditation group from the month of March did a fantastic job! Not only do they have more tools in their toolbox they are now armed with coping skills during this trying time. Kudos to each of you for trying something new, getting outside of your comfort zone and growing as people! Missed it? Check out our Meditation with Crimson Section below!

Covid-19 Information from Converse County Public Health (CDC Information)

How long does the coronavirus last on surfaces?

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days.

Can you contract the coronavirus disease by touching a surface?

People could catch COVID-19 by touching contaminated surfaces or objects – and then touching their eyes, nose or mouth.

Can the coronavirus disease spread through drinking water?

The COVID-19 virus has not been detected in drinking water. Conventional water treatment methods that use filtration and disinfection, such as those in most municipal drinking water systems, should

remove or inactivate the virus that causes COVID-19.

Is the coronavirus disease more severe than the flu?

COVID-19 causes more severe disease than seasonal influenza.

While many people globally have built up immunity to seasonal flu strains, COVID-19 is a new virus to which no one has immunity. That means more people are susceptible to infection, and some will suffer severe disease.

Globally, about 3.4% of reported COVID-19 cases have died. By comparison, seasonal flu generally kills far fewer than 1% of those infected.

Resources:

Covid-19 Symptom Hotline – 307-358-7399
Updates on cases and regulations - 211
Conversecounty.org
Wyoming Dept. of Health
<https://health.wyo.gov/>

How can you prevent the spread of the coronavirus disease?

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

“We can **WIN THIS WAR** if we all commit to taking the **RIGHT AND TIMELY ACTIONS** for our country.”

U.S. SURGEON GENERAL JEROME ADAMS

Meditation with Crimson

It is so easy in life to become busy with work, home and family. Meditation is a wonderful way to slow down for a minute and really give yourself that time to relax and let go of the negative events of the day. Sometimes it's hard to allot the time mentally and hard to focus while meditating with the everyday items popping in and out of your mind. I like to have something to focus on whether it be a candle, a breathing technique or an intention that suits the events of the day. Candlelit meditation is the basic task of gazing into the candle flame for at least a minute and then closing your eyes focusing on what image you created with eyes closed. After the image fades you will repeat those steps as long as you'd like. Different breathing techniques can also help clear the mind and give way to relaxation.

Ujjayi breath is one of my favorite breaths to utilize while meditating or practicing yoga. Ujjayi breathing is using the back part of your throat, the glottis, to create a hissing noise with the breath. This can be achieved by inhaling through the nose for 4-6 seconds and then exhaling through the mouth without the mouth being open for 4-6 seconds. You will be able to feel your hot breath hitting the back of your lips. Keep repeating the breathing technique throughout the duration of your meditation. Setting an intention or mantra to say or think while meditating is a good, positive reaffirmation to help with the stress and joys of life. Keep meditating and Namaste!

Benefits of meditation

- Lowers blood pressure/slow down the cardiovascular system
- Restores balanced function to the digestive system, aiding absorption of nutrients
- Relaxes the nervous system
- Relieves muscle tension
- Diminishes intensity of headaches/migraines
- Relieves insomnia
- Frees the mind from self-doubt and internal chatter
- Releases fears
- Reduces anxiety
- Improves depression
- Generates optimism, self-esteem, confidence and motivation.

