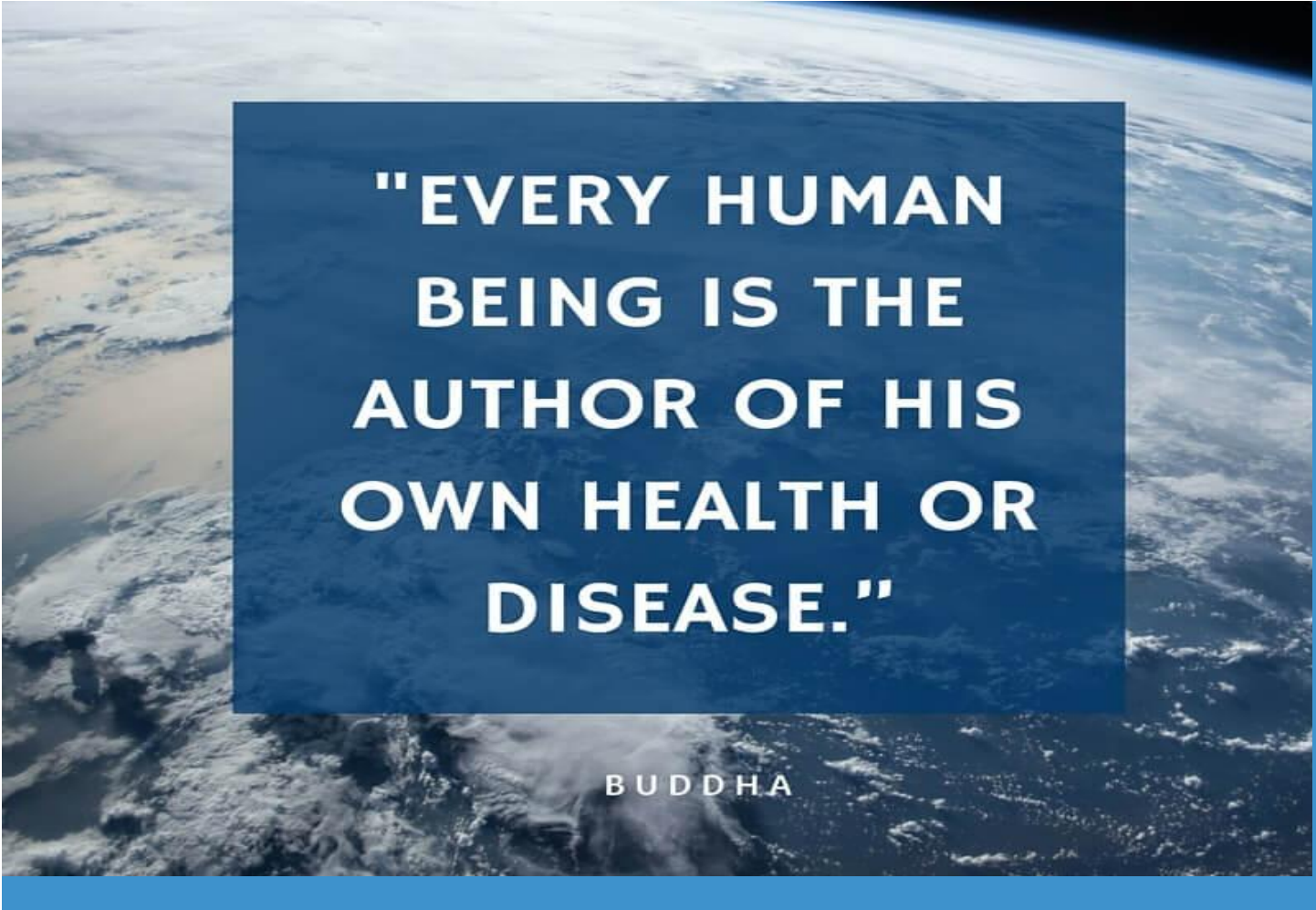


Health and Wellness News from MidCaN



**"EVERY HUMAN
BEING IS THE
AUTHOR OF HIS
OWN HEALTH OR
DISEASE."**

BUDDHA

Staying Positive

Staying positive during this pandemic has been hard task, even for the most optimistic people. Health care workers like us are even more impacted by this pandemic. As a MidCaN wellness group we offer some tips to stay positive during the Coronavirus.

Tips to Stay Positive

- Take advantage of this newfound time.
- Spend time with family
- Engage in random acts of kindness
- Support your local small businesses
- Talk to long lost friends
- Practice self-care

Lifestyle help

The coronavirus pandemic has required a dramatic behavior change in our daily lifestyle. Set a task list each morning to stay productive. Have a set time for breakfast, lunch, and dinner with family. Maintain regular sleep schedule and set time for regular exercise.

If you want to change the world, go home and love your family.

-Mother Teresa



Staying Positive Idea's from Harvard Business Review- Do You Have a Life Outside of Work? - by Rob Cross

1. Shift from one activity to create diverse purpose-generating interactions
2. Be intentional in small moments.
3. Boldly lean into times of transition

We live in challenging time to be sure. But our experience is often of our own making. Never in history have we had a greater ability to shape what we do and with whom.

Don't cede this control. If you've lost it, take it back. I've seen again and again, those that do have the greatest sense of purpose and well- being.

<https://hbr.org/2020/05/do-you-have-a-life-outside-of-work>

DENA'S CORNER

Eating healthy and staying healthy is crucial during these challenging times. Dena brings here a link to one of her favorite crockpot healthy, low carb meals.

<https://www.gimmesomeoven.com/barbac>



Mid Career Neonatologists

AAP Sections / Section on Neonatal Perinatal Medicine (SONPM) / MidCaN

Contact the AAP MidCaN executive council at MidCaN@aap.org for any questions, comments and feedback.