



THE WELLNESS INSIDER

MARCH 22, 2020



As a "non-essential" business, ONE Wellness Center has closed its office indefinitely to comply with the Governor's mandate.

While we are not open for "business as usual," we do hope to provide emergency services in the way of distance healings or telephone appointments for extreme emergency cases. Please contact your individual practitioner for guidance in your situation.

Group events currently scheduled though April will be rescheduled. We'll keep you updated on [ONE's website](#) as we move ahead in the weeks to come.

Some of ONE's practitioners who offer smaller classes are arranging conference calls to maintain connection with the group. If you've enrolled in a class, your instructor will be contacting you.

If you have any questions, please feel free to contact me at 585.545.0327. Please stay safe and be well.

Johanna Rae Woodside
Owner of ONE Wellness Center

Thanks to Ron Pratt, acupuncturist at ONE Wellness Center, for this valuable information.

5 Choices I'm Making to Keep My Immunity Strong and My Stress Level Low

There is no question these are unprecedented times for most of us. With everything happening it can feel like we have little control right now. Some of us are angry, some of us are scared, some of us don't know what to think. There's a lot of uncertainty.



While I don't necessarily have a crystal ball nor can I make any promises of how this will all roll out, I do believe there are things in our control. We can make conscious decisions to naturally keep immunity strong and stay healthy--body, mind and emotions. In that way, regardless of what lies ahead, we will be able to show up in the most prepared way with the strength required to persevere in every aspect of our lives, our work, and our communities.

Moderate News

Get just enough news to know what's happening and the latest directives but don't get pulled into the news cycle. Tuning in once or twice a day is enough to be responsible. Tuning in all day, will inevitably increase stress levels, fear, and anxiety. None of these things will support our immunity or our ability to problem solve.

Reach Out and Touch Someone

I have a feeling no one under 40 will get that reference...luckily, there's YouTube. While our social circles are super small right now, the virus can't spread over the phone lines. Call your loved ones that you can't visit. Is there someone you've been wanting to catch up with that haven't talked to in a while? Call them, say hello. You know that warm fuzzy feeling you get when you've connected with an old friend, it's from the feel good chemicals your body releases after feeling close to another. Those feel good chemicals help to reduce stress too. Ultimately, less stress means better immunity.

If you've got kids at home, hug them. Cuddle up with them on the couch. The break from their routine along with any emotions they are picking up around them may have them feeling scared, uncertain, and worried. A parent's embrace even if there are no words spoken is incredibly calming.

Sleep

In times of stress and uncertainty, we may require more sleep. Give yourself permission to go to bed early, to nap, or to sleep in. Listen to your body and support your mind. The extra sleep will help us process the stress so we can react more rationally as needed. Most importantly, being well rested supports our immune system.

Avoid Sugar

While many of us turn to sugary sweets when we are stressed to calm our nerves, if there was a time to break that cycle, it's now. Sugar depletes our immunity, increases inflammation, and increases phlegm. None of these are helpful right now. Further, from a Chinese Medicine perspective, phlegm inhibits your body's ability to fight viruses like this one. If following a meal or snack, you find yourself having to clear your throat or notice phlegm in your throat that wasn't there prior, it might be worthwhile to look at the foods you're eating. Foods like ice cream, cheese, soy, and sugary snacks are often culprits. I'd suggest limiting these right now.

Movement

The parks and nature sites are open. If you can get some time in nature, it will serve you well. "Solitary" activities, like riding a bike, running, or walking in your own neighborhood (with appropriate social distancing), will help combat stress and anxiety. They're also wonderful for your immune system.

While some of our routines may be thrown off right now, there's still plenty we can do to nourish ourselves--body, mind and emotions. Be well and stay healthy everyone!

The above is updated from Ron's latest blog on his website, ronaldprattacu.com.



FREE | LIVE Community Meditations + Groundings

A graphic with an orange background. On the left, there is a white, hand-drawn line forming a central heart shape, with several smaller hearts in various colors (yellow, blue, white, green) connected to it by thin white lines. On the right, the text "free | live" is written in a blue cursive font. Below it, "community meditations + groundings" is written in a white sans-serif font. Further down, the schedule is listed: "Mondays @ 9:30am est", "Wednesdays @ 3pm est", and "Fridays @ 12pm est". At the bottom, it says "via zoom" and "withadair.com/live".

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*Adair Finucane, Meditation Facilitator
at ONE*

Adair Finucane is hosting live meditations and grounding check-ins via Facebook Live and the Zoom app ([download here for smartphone, tablet, or computer](#)).

These opportunities to connect with each other and soothe the mind, body, and spirit will be accessible on Facebook Live @With Adair or you can get to the Zoom links by clicking on withadair.com/live/.

Nothing benefits immunity more than easing stress and soothing the nervous system. And we NEED that right now--all of us! Enjoy live guided meditations stoking joy and vibrant health. Folks have been coming away from them reporting immense gratitude and a sense of connection and peace.

Varying in style and content (e.g., grounding, enlivening, centering, joy-focused), each community meditation will last about 20 minutes with another 10 minutes or so for connection.

Changes in schedules have left many of us feeling a little scattered--so mark your calendars and set your alarms. Plan to meet a friend on the call and text them when you arrive. We can't wait to see you there!

onewellnessctr.com | 585.645.4221



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