



A Message from Dr. L:

Dear ECHO-LDPP Family,
This is the first edition of our ECHO-Wellness Bulletin. Please forward jokes, practices, and recommendations for music, movies, TV shows, working at home, managing life and supporting our ECHO family. We are figuring out a new way to work, and there will be glitches. It’s important to be patient with ourselves and others.

I hope that you are well, healthy and rested. We are swimming in a different sea, today. We don’t know how rocky the waters will be, but we know that there will be challenges. So, I wonder: how do we promote hope, faith, joy, comfort, compassion and kindness in our daily lives? If we look to the stories of our elders, our families and our communities, we are reminded that we come from people, who have long and deep histories of strength, resilience and goodness. Let’s keep open to the goodness as we work together to keep ourselves, our families and our communities safe.

Since we celebrate the work and life of Cesar Chavez tomorrow, let’s remember this quote: “Together, all things are possible” to serve as a reminder that our relationships and our work can sustain us, even when we face challenges. Take good care, dance every day and sending health, strength and love to all.

Dr. L



Wellness TIP from Dr. Ledesma:

Wash your hands with Baby Shark video:

<https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F89nN03pBzl&data=02%7C01%7Cmsanc375%40calst@ela.edu%7Ce0588233e3ee4fbb32bf08d7d4f8bd1b%7Cce8a2002448f4f5882b1d86f73e3afdd%7C0%7C0%7C637212037093576278&sa=ta=bGLykibsPKr6GVsdTQbMI1zAllqvwAo6LI3V64Lljok%3D&reserved=0>

Wellness TIP from Luz Reyes:

As we navigate and transition to our new workspaces, I have found that a five-minute walk is really beneficial to reset my vision, brain and to fuel my body with some energy. Of course, practice social distancing when taking a stroll around the block. It works wonders!



Wellness TIP from David:

Have a schedule: Have consistent times that you start, finish, take breaks and lunch. It sounds intuitive, but it’s the first thing to go! **TIP:** Start your day with your normal “go to work routine”... shower, get dressed, coffee, breakfast etc...

Be consistent: Same workstation location (if possible, not always easy with family members and everyone home now). Pick your spot and make it your “office” – **TIP:** If you are using a laptop and if it’s possible, make it by the biggest window in the house...

Have rules: Self-discipline, manage your time. Have rules about “leaving the office” for example in the middle of the day for long periods of time. **TIP:** Share those rules with your



housemates, partners, and family to keep you accountable

Know when to step away: When it's time to clock out, literally leave your dedicated work station if you can, turn it off if you can, and walk away. This helps create separation from your apartment and your office. If the 2 start to bleed into each other, over time, your comfy cozy safe place you call home will stop feeling like home... you do not want that to happen!!!



Move with ECHO: Yoga, Exercise and Dance Wellness Activities; Zoom Meetings Monday/Wednesday 9:00-9:45 AM

3/23: Intro day:

<https://youtu.be/v7AYKMP6rOE> (Yoga Beginners- 20 min.)

3/25: https://youtu.be/No2u_Dq_9ho (Full Body Yoga- 30 min.)

3/30: <https://youtu.be/H0c-4nZjIWQ> (Low Impact Workout for Beginners- 30 min.)

4/01: https://youtu.be/gC_L9qAHVJ8 (Low Impact Workout- 30 min.)

4/06: <https://youtu.be/aBtP7008EfA> (All-Levels Cardio Dance Workout- 30 min.)

4/08: https://youtu.be/8DZktowZo_k (Cardio Latin Dance Workout- 30 min.)

4/13: <https://youtu.be/yDDFS1kPpII> (Pilates- 30 min.)

4/15: <https://youtu.be/qULTwquOuT4> (Stretch Routine- 30 min.)



From Dr. Fuligni: A Wellness Tip about Balance

I need to balance my need for current news with my need to avoid anxiety-provoking clickbait headlines and news stories. I do not watch TV news, and I have greatly limited my reading of the New York and LA Times. Instead, I very much enjoy listening online to KPCC (kpcc.org). Excellent non-inflammatory news updates, plus voices of Angelenos and their experiences.

And then I balance work with entertainment – watching some highly unrealistic and goofy shows. My current picks: Buffy the Vampire Slayer and Jane the Virgin! Plus a few uplifting things that have been making their way around the internet:

David Attenborough 'Wonderful World': <https://www.youtube.com/watch?v=B8WHKRzkCOY>

Berklee College of Music 'What the World Needs Now':

<https://www.youtube.com/watch?v=QagzdvzzHBQ>

Wellness Meme of the Week:

