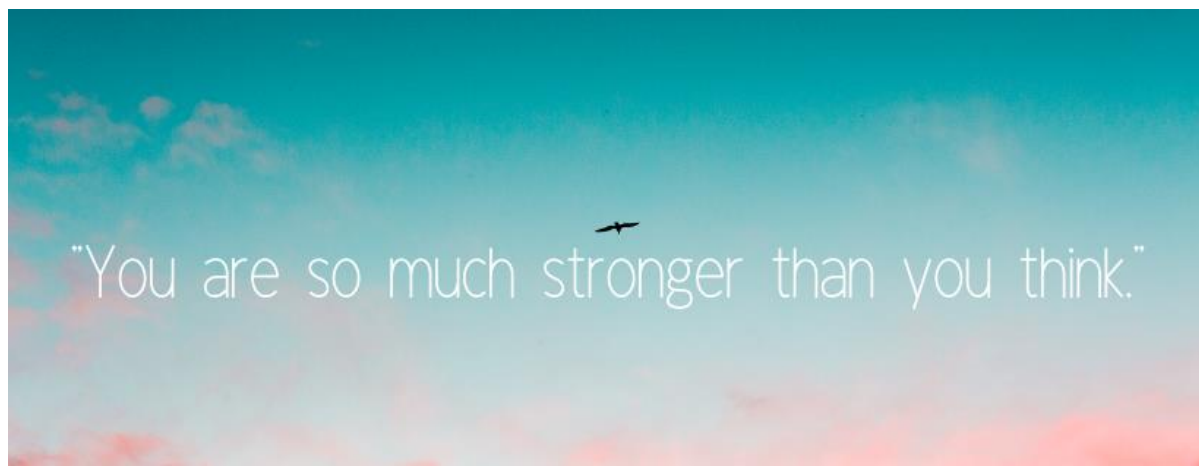


Health and Wellness Activity  
COVID-19 Resources

April 3, 2020



This week's recommended Health and Wellness Activity:

**Relax & Breathe: Do nothing for 10 minutes**



***The Art of Doing Nothing:  
The Japanese Term Called "Karoshi."***

It has been said that there is power in taking a few moments each day to do absolutely nothing. During these uncertain times, many of us may find ourselves taking on a multitude of tasks. The following article, "Why You Need to Know About the Japanese Term Called Karoshi," briefly discusses the negative impacts of overworking and how the practice of doing nothing can serve as a method to mentally and physically recharge. Click the link directly below to access the full article.

<https://thriveglobal.com/stories>

**8 Benefits of Gratitude**

Scientists have investigated the powers of being grateful and found that it has numerous advantages, including

- 1** It makes us healthier-People who are grateful report fewer symptoms of physical illness according to a 2007 report in Review of Communications.
- 2** It boosts your mood-In a 2005 study in American Psychologist, subjects who wrote gratitude letters to people who helped them at key moments in their lives experienced a positive glow for a month afterward.
- 3** It can help depression-A 2012 study in the Journal of Happiness found that jotting down three things that had gone well for the people in the study or writing a letter of gratitude to someone could alleviate depressive symptoms.

- 4 It can help you keep friends-A 2014 study found that thanking a new acquaintance for their help made them more likely to want to have a relationship with you.
- 5 It can help inspire altruism-According to researchers at the University of Oregon noting in a journal feelings of gratitude leads to increased generosity.
- 6 Gratitude is a “Booster Shot” for romantic relationships-A 2013 study published in Emotions suggest that loved ones who were thanked regularly were more responsive to their partner’s needs, and happier in their relationships.
- 7 It can help you sleep-Expressing gratitude at bedtime can help you sleep better and longer, a finding from a 2009 study which was reported in the Journal of Psychosomatic Research.
- 8 It can make you a happier person-In 2008 students at Kent State University who wrote letters of gratitude every two weeks saw their happiness levels increase incrementally after each letter.

Adapted from: Harris, B & Raatz, S. (2019). The Mindfulness Journal. New York, NY: Centennial Media.

## CORONAVIRUS, FLU, COLD?

As the number of coronavirus cases rise, some key differences set coronavirus apart from the seasonal flu and the common cold — mainly the intensity of the symptoms and the recovery period. A guide at identifying the differences in the three conditions  
**All three, however, are spread by air-borne respiratory droplets and contaminated surfaces**

CORONAVIRUS	SEASONAL FLU	COMMON COLD
<b>Onset:</b> Sudden	<b>Onset:</b> Abrupt	<b>Onset:</b> Gradual
<b>Symptoms</b> <ul style="list-style-type: none"> <li>■ Fever</li> <li>■ Dry cough</li> <li>■ Muscle ache</li> <li>■ Fatigue</li> </ul> <b>Less common symptoms</b> <ul style="list-style-type: none"> <li>■ Headache</li> <li>■ Coughing up blood (haemoptysis)</li> <li>■ Diarrhoea</li> </ul>	<b>Symptoms</b> <ul style="list-style-type: none"> <li>■ Fever</li> <li>■ Dry cough</li> <li>■ Muscle ache</li> <li>■ Fatigue</li> <li>■ Headache</li> <li>■ Sore throat</li> <li>■ Runny or stuffy nose</li> </ul> <b>Less common symptoms</b> <ul style="list-style-type: none"> <li>■ Diarrhoea</li> <li>■ Vomiting</li> </ul>	<b>Symptoms</b> <ul style="list-style-type: none"> <li>■ Runny or stuffy nose</li> <li>■ Sneezing</li> <li>■ Sore throat</li> </ul> <b>Less common symptoms</b> <ul style="list-style-type: none"> <li>■ Low grade fever</li> <li>■ Muscle or body ache</li> <li>■ Headache</li> <li>■ Fatigue</li> </ul>
<b>Incubation:</b> <b>1-14 days,</b> may go up to 24 days	<b>Incubation:</b> <b>1-4 days</b>	<b>Incubation:</b> <b>2-3 days</b>
<b>Complications:</b> <b>5% cases</b> (acute pneumonia, respiratory failure, septic shock, multiple organ failure)	<b>Complications:</b> <b>1% cases</b> (including pneumonia)	<b>Complications:</b> <b>Extremely rare</b>
<b>Recovery:</b> <b>2 weeks</b> (mild cases); 2-6 weeks (severe cases)	<b>Recovery:</b> <b>1 week</b> (mild cases); 2 weeks (severe cases)	<b>Recovery:</b> <b>1 week</b> for most cases; may last as long as 10 days
<b>Treatment or vaccine</b> No vaccines or anti-viral drugs available; only symptoms can be treated	<b>Treatment/vaccine</b> An annual seasonal flu vaccine is available	<b>Treatment/vaccine</b> No treatment, but doctors advise treating symptoms

**WHAT THIS MEANS** If you have a stuffy/runny nose or are sneezing, you likely DO NOT have coronavirus

### SEVEN KINDS OF CORONA

Seven strains of coronavirus (CoV) that infect humans have been identified. These cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV)

<b>Harmless</b> <ul style="list-style-type: none"> <li>■ Serotype 229E</li> <li>■ Serotype OC43</li> <li>■ Serotype NL63</li> <li>■ Serotype HKU1</li> </ul> These cause symptoms of the common cold, and rarely cause severe pneumonia	<b>Dangerous</b> These are known to cause more severe disease. These are: <ol style="list-style-type: none"> <li>1. <b>Sars-CoV</b> which causes severe acute respiratory syndrome (Sars)</li> <li>2. <b>Mers-CoV</b> was that causes Middle East respiratory syndrome (Mers)</li> <li>3. <b>Sars-CoV2</b> that causes coronavirus disease (Covid-19)</li> </ol>
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### The unknowns of Sars-CoV2

Sars-CoV2 is closely related (with 88% identity) to two bat-derived Sars-like coronaviruses (bat-SL-CoV-ZC45 and bat-SL-CoVZXC21) collected in 2018 in Zhoushan, eastern China  
**It has 79% genetic affinity with Sars-CoV, 50% with Mers-CoV**

The Sars-CoV2 receptor-binding domain structure, which allows a virus to latch on to and enter a cell, is similar to Sars-CoV, despite amino acid variation at some key residues. Little is known about **Sars-CoV2**, studies on Sars-CoV provide clues to its behaviour and ability to infect

On smooth surfaces such as tables, phones etc, Sars-CoV retains its viability for 5 days at 22-25°C and relative humidity of 40-50%, which is typical for air-conditioned rooms. Though this may vary for Sars-CoV2, experts say this is a good indicator for its behaviour

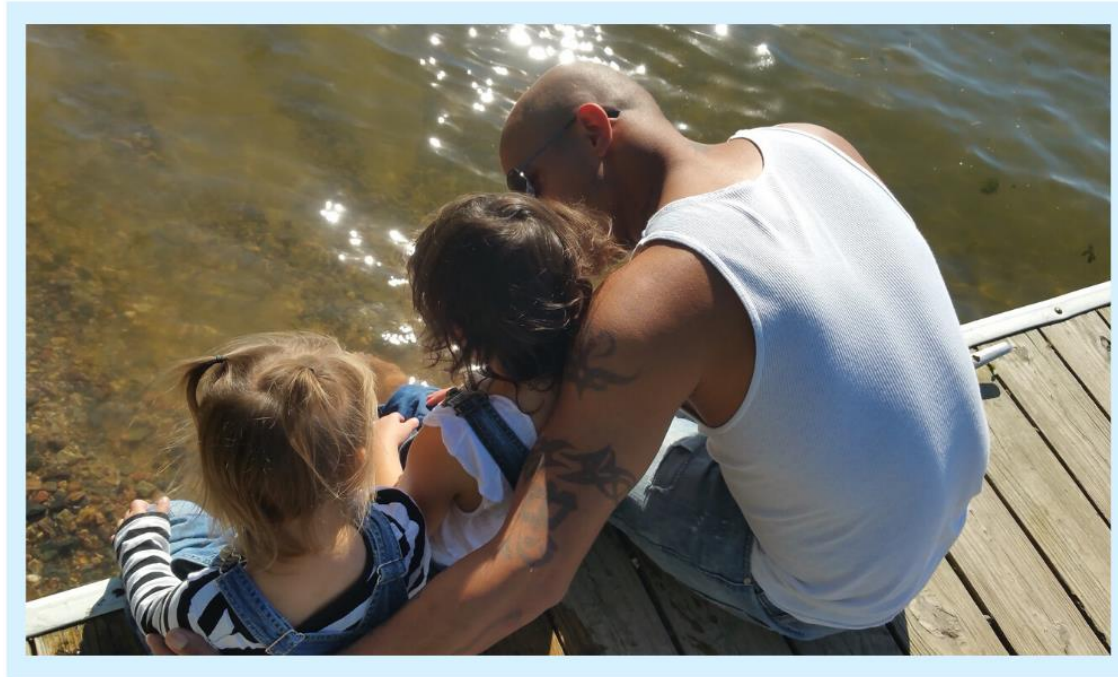
## How to Talk With Loved Ones Who Aren't Taking Coronavirus Precautions Seriously



"The key is compassionate directness."

READ MORE...

## 5 Tips for Talking to Your Children about Coronavirus



[READ MORE...](#)

**STOP COVID-19 XENOPHOBIA**

**CLICK HERE TO REPORT  
ASIAN AMERICAN HATE  
CRIMES DUE TO COVID-19  
MISINFORMATION.**

**SAMHSA.GOV**

The Substance and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

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