

Nurse's Corner - 5 Tips on Practicing Wellness

1) **Sleep** - Make sure electronics are removed from your child's bedroom at least one hour before they fall asleep. According to the Sleep Foundation, "there is robust scientific data documenting the role of light in promoting wakefulness. Photoreceptors in the retina sense light and dark, signaling our brain about the status of the outside world and aligning our circadian rhythms to the external day-night cycle. This signaling of light and dark helps us to be alert in the morning and be able to fall asleep at the appropriate time at night. The power of light as an alerting agent is easily conceptualized when we think of the sun, but may be more difficult to appreciate when considering the light emitted from a tablet or smartphone. Nonetheless, careful studies have shown that even our small electronic devices emit sufficient light to miscue the brain and promote wakefulness."

<https://www.sleepfoundation.org/articles/electronics-bedroom-why-its-necessary-turn-you-tuck>

2) **Balance your Diet** - Take advantage of being at home and cook a new recipe together as a family or add a new fruit or vegetable to your rotation. Turn it into a game by letting your child choose and make a recipe and then you get to choose and make a recipe. See which meal wins with the most "likes."

3) **Water** - This sounds basic, but most of us are dehydrated and not aware. Keep drinking water throughout the day! According to Water Logic, "It is a natural resource that is required by every person to help satisfy our health-related needs. This includes our [body composition](#), [mental focus](#), [sleep and recovery](#). It is evident that water is one of the key elements responsible for human life on earth and is vital for our survival. [The human brain is composed of 95% water, lungs are 90%, blood is 83%, muscles are 76%, and bones are 22% water](#). These percentages are rigorous proof of the importance of H2O in our bodies to maintain favourable health." (<https://www.waterlogic.com/en-us/resources-blog/hydration-facts-all-you-need-to-know/>)

4) **Exercise** - Get in your 10,000 steps a day by going outside and walking your neighborhood or a local park. Parents can join their student's PE class with Coach Harrington to keep the whole family in shape.

5) **Rest** - Didn't you already mention sleep? Yes, I did, but resting is different. Take time to rest and invest in yourself so you can pour yourself into caring for others. Keep your load light by letting go of the things that aren't essential right now. This will help you to have the time and energy to be wide awake to the beautiful things happening all around you. You will be more "present" in your home when you are interacting with your child from a place of rest.