

RECOVERY TIPS & TOOLS FOR EMPLOYEES DUE TO COVID-19

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Who is covered?

Unum's EAP services are available to all eligible employees, their spouses or domestic partners, dependent children, parents and parents-in-law.



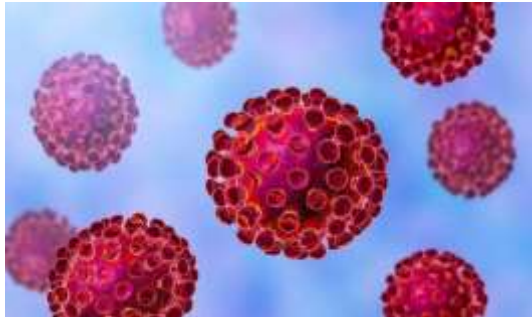
Employee Assistance Program — Work/Life Balance

Toll-free 24/7 access:

- 1-800-854-1446
(multi-lingual)
- www.unum.com/lifebalance



*Turn to us, when you
don't know where to turn.*

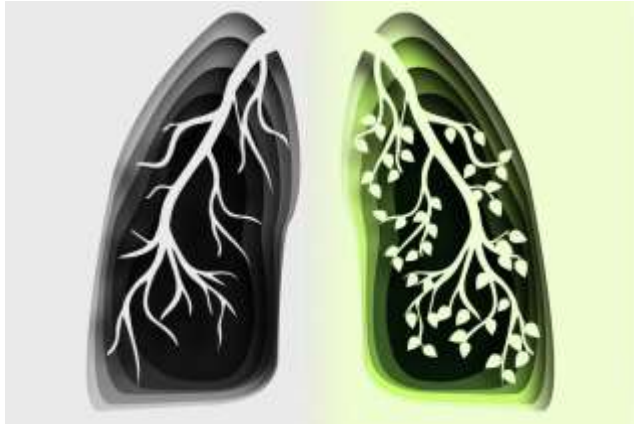


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Stay positive. Stay active. Be smart and safe.





What do we know about Covid-19?

Decreased Lung Capacity: Preliminary data out of Hong Kong shows that people who recover from COVID19 may see decreased lung functioning. This was done on a limited sample, but the people studied showed approximately a 20 -30% decrease in capacity. Decreased lung capacities can result in increased effort by the cardiovascular system to perform every day activities and functional tasks, creating a feeling of deconditioning, resulting in fatigue.

It's too early to know if this will result in permanent damage, but doctors in Hong Kong suggest this trend can be reversed over time through cardiovascular exercise

such as light jogging. Think of it like a COVID-19 rehab.

I have Coronavirus...

So you have/had Coronavirus, Now What?! The reality is that you may be returning to work in a deconditioned state. Here are a few guides to get you through your various stages of recovery:

Recovery management for mild symptoms:

First start with pursed lip breathing, then follow up with progressive lung exercises as noted throughout this section.



Pursed Lip Breathing (deep breath in through your nose and blow out slowly through your mouth)- 4-5x/day minimum (pictured above)

According to the Cleveland Clinic, pursed lip breathing has a range of benefits:

1. It's been shown to reduce how hard a person has to work to breathe.
2. It helps release air trapped in the lungs.

3. It promotes relaxation.
4. It reduces shortness of breath.

Practicing this technique 4 to 5 times daily can help. Here's how to practice pursed lip breathing:

- While keeping your mouth closed, take a deep breath in through your nose, counting to 2. Follow this pattern by repeating in your head "inhale, 1, 2." The breath does not have to be deep. A typical inhale will do.
- Put your lips together as if you are starting to whistle or blow out candles on a birthday cake. This is known as "pursing" your lips.
- While continuing to keep your lips pursed, slowly breathe out by counting to force the air out, don't try to force the air out, but instead breathe out slowly through your mouth.

Diaphragmatic Breathing (place one hand on your upper chest and the other just below your rib cage. Breathe in slowly through your nose so that your stomach moves out against your hand)- 3x/day minimum (pictured in top right)

Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs. Place one hand on your upper chest and the

other just below your rib cage. This will allow you to feel your diaphragm as you breathe (See Below)



Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible. (See Below)



Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible. (See Below)



- **Deep Rhythmic Breathing:** Inhale and Exhale Slowly (hold your arms out on your side with palms facing up. Practice breathing by inhaling through nose for 4 seconds, hold the breath for 7 seconds & exhaling through mouth for 8 seconds).-2x/day minimum

- **Lying Prone** (Straight Leg lifts, Straight Arm lifts) as many times as you can do it.
- **Ankle Pumps** (before getting out of bed)-3 sets of 15 reps
- **Air Squats** (keep feet shoulder width apart, arms at your sides, engage your core and squat down until your thighs are parallel to the floor)- begin with 2 sets of 12 reps
- **Meditation Breathing** (focus your attention on each breath) -15 minutes daily

16 Progressive Steps to Recovery management for those that are asymptomatic: (on quarantine).

1. Blowing Up Balloons
2. Splashing cold water continuously on your face as you do deep breathing exercises (slow inhale/exhale)
3. Heel Raises
4. Gardening/Lawn Work
5. Walking
6. Riding your Bike
7. Wall Push Ups
8. Air Squats
9. Push Ups
10. Jumping Jacks
11. Walking Lunges
12. Step Ups
13. Light Jog/Brisk Walking
14. Dancing
15. Jump Rope
16. Swimming (scientifically proven to be one of the most intense lung workouts)

Recovery management after Return to work:

Continue advancing the amount and intensity of exercises noted above, be sure to start your day with diaphragmatic breathing, and meditation to create a healthy state of coherence.

Consider modifying any activities that may bring discomfort/pain. Increased rest breaks are okay, you know your body.

During your work hours be conscious of your body and pause for diaphragmatic breathing sessions throughout the day (1-4 times a day working up to 5-10 minute sessions).

At the end of each day consider a cool down that includes: UE stretching, Tai Chi and Yoga for balance

Expect to be winded! Your lungs need time to repair and catch up to your daily routine

