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Welcome to Wellness, Anywhere!

With the onset of COVID-19, we are all experiencing the most unprecedented period in recent time. As we race to coordinate the safety of the NYC community and our families, WorkWell NYC wants to offer you a supportive community of self-care and wellness practices to keep you grounded and ready for the weeks and months to come.

In response, we're coming directly to your inbox with the *Wellness, Anywhere* series, a weekly email that will offer practical tools, resources, and virtual programming to meet you right where you are and keep you connected to the WorkWell NYC community.

This is a challenging time for us all. If you are in need of additional support, contact the [NYC Employee Assistance Program](#), now offering extended hours (8am – 11pm Monday through Friday) by phone, text or video calls at eap@olr.nyc.gov or 212-306-7660. You can also connect with NYC Well for support 24/7 at nyc.gov/nycwell or 1-866-NYC-WELL.

WorkWell NYC cares about you. We are here to support you every step of the way. If you have any ideas on how we can better serve you in this time, please let us know [here](#). Now more than ever, it's important to keep yourself healthy, nourished, and well.

We look forward to connecting with you,

Team WorkWell NYC

P.S. Please forward this email to your colleagues! If you received this email from a colleague and would like to join this mailing list, you can do so [here](#).

BE WELL

BE WELL WITH SELF-CARE

This Week's Affirmation: "Breathing Gives Me Strength"

The act of breathing gives energy to the body and mind. Take 2 minutes to breathe deeply. Inhale deeply for four counts, hold for



four counts, exhale four counts and hold for four counts before repeating. Repeat four times. This daily practice will increase your focus and relieve stress.

Kick Your Self-Care Up a Notch

Try our self-care bingo! It's a fun way to squeeze in a little more time for you. Download your bingo sheet [here](#).

Join our **Be Well Slack community** where we talk about everything self-care and more.

[Join the Be Well Slack Community](#)

MOVE MORE



WE LIKE TO MOVE IT, MOVE IT!

Staying active can be difficult when you are stuck inside for long periods of time. We've got some simple moves that can be done anytime and anywhere to keep the heart pumping and the mind sharp!

[Get Tips Here](#)

Join the Digital Movement

There are many free fitness resources opening online to help you stay active. Do you have any you would like to share? Have some great stay-at-home fitness moves? Join the **MoveMore Slack community** and share what you know.

[Join the Move More Slack Community](#)

EAT WELL

WHAT'S EATING YOU?

WorkWell NYC wants all your eating questions and ideas.



- Have items in your fridge and wondering what can you make for dinner?
- Stocked up on beans and not sure what to do next?
- Have a great meal-stretching idea? Share it!

The *What's Eating You* series is designed to answer all of that and more. WorkWell NYC has trained staff ready to tackle all your edible questions. Submit your questions and tips below!

[Submit Here](#)



Make One Less Visit to the Market

Make the most out of your groceries by using up what you have on hand. Search your freezer for leftover meats and veggies. Cook them up into yummy soups, salads or stuffing for pitas or tortillas. Using what you have on hand can be a time and budget saver.

Join the **Eat Well** community on **Slack** and discuss all things food and more! We would love to hear all about your favorite dishes and budget-friendly meals.

[Join the Eat Well Slack Community](#)

TAKE ACTION



QUIT SMOKING SUPPORT

ESCAPE, the City's quit smoking program is OPEN for business. Smoking puts you at a higher risk for complications with the COVID-19 virus.

ESCAPE is available free of charge to City of New York Employees and remains confidential. For more information, please call 347-396-4403 or visit nyc.gov/ESCAPE to see how ESCAPE call help you today!

Stay Up to Date on COVID-19

The developments around the coronavirus continues to unfold daily. Many of the City's healthcare providers are making special arrangements for testing and telemedicine outreach for those in need. If you need assistance, contact your healthcare provider using the number on the back of your insurance card or visit their webpage for the most up-to-date information. For more information about the City's response to Coronavirus, please visit nyc.gov/coronavirus.



How are we doing? Let us know!
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