

COVID WELLNESS TIPS

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WE ARE ALL IN THIS TOGETHER

HOW TO STAY HEALTHY BY CHANNELING CREATIVE PASSIONS,* AMENEH MOGHADDAM FNP



HEADING OUT TO NATURE AND TAKING PICTURES: *"WALKING AND HIKING for our family, that's our biggest joy. When I see the actual nature, I feel like it's going to be that beautiful in the picture. But then I look at the picture, it's like, oh my God, this is nothing like what is actually outside! Since this Covid thing, I am paying more attention to the beauty of nature."*

HELPING: *"My mom was very involved in helping the soldiers, helping everybody. "So, it's kind of like that, you feel like you have to go **help**."*

JOURNALING: *"Either I keep them and look at them later, or I just shred them. This way, it's kind of coming out of your mind."*



COOKING, BAKING AND MAKING FOOD TO FEED THE LOCAL HOMELESS PEOPLE GIVES AMENEH A SENSE OF PURPOSE: *"Cooking makes me very happy."*

According to Ameneh's son, *"It's a way for her to let go and release all her stress and anxiety and put it in something that she's very passionate about and she's very good at."*

Ameneh plans to continue to make food for her community, take more pictures, and chronicle her experiences in her journal.

*Excerpts from Creative Passions Help a Frontline Health Care Worker Stay Grounded by Chloe Veltman, KQED, June 12, 2020, [HTTPS://WWW.KQED.ORG/NEWS/11820598/CREATIVE-PASSIONS-HELP-A-FRONTLINE-HEALTH-CARE-WORKER-STAY-GROUNDED](https://www.kqed.org/news/11820598/creative-passions-help-a-frontline-health-care-worker-stay-grounded)

RECORDED YOGA FOR STRESS RESILIENCE: <https://cchealth.org/centers/services-ih.php>, C/O MICHELLE WONG, MD

FRONTLINE HEALTH WORKERS FREE COUNSELING PROJECT: [HTTPS://BITLY/36ouaa1](https://bitly/36ouaa1), C/O BRIAN M. JOHNSON, MD

We care for you AND WE THANK YOU. Your TikToks are welcome! Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Jacqueline Mostow, Samir Shah, Alan Siegel, Sonia Sutherland, Arlene Trimble.