

Greetings!

Another week in the world of the COVID-19 pandemic has passed and the reality of the changes we are all having to make is starting to sink in. I continue to look for silver linings in the dramatic changes in my day to day life but will readily admit to feeling overwhelmed at times. I realize that this is normal and that we all are likely having similar moments of feeling overwhelmed. Many of my usual avenues for reducing stress are no longer possible. Having friends over for dinner, going out to the movies or simply giving and receiving hugs from all of you when you come into the office are now impossible. However, I am finding new ways to help with some of the unsettled feelings and have some suggestions below if you also are finding yourself feeling overwhelmed. I am also continuing to look for those silver linings as this helps me keep a good perspective. Right now, I am typing this while being serenaded by my eleven year old playing his violin, a wonderful bonus when I am working from home!

The office is very quiet.... just me, my computer and an occasional visit from the UPS man. The virtual visits are going remarkably well. I updated the website so it is easy to enter the virtual waiting room. Here's a link if you would like to check it out (feel free to sign in and see how it works):

<https://www.acadiaintegrativemedicine.com/virtual-visit-waiting-room.html>

I have also used Facetime for those who have it. Many patients have expressed concern about bothering me during this time, but I want you to know that my first priority is to make sure your questions and concerns are being addressed (and to keep you out of the hospital!). If you would like to meet, feel free to schedule a virtual visit, you can access my online appointment schedule by clicking this link:

<https://www.acadiaintegrativemedicine.com/established-patients.html>

If you have an annual visit scheduled in the near future, we can postpone it if you do not have any acute or chronic issues that need to be addressed. Page and I are working to contact patients a few days before their scheduled appointments to reschedule or transition the appointment to a virtual visit. If you have a follow-up appointment scheduled to address an ongoing condition I would like to keep this scheduled and simply convert it to a virtual visit. I anticipate that we are going to need to continue to practice social distancing for quite some time and feel that it is super important that we continue to address any ongoing medical needs.

I have started to see children at the office when they are due for vaccines and their routine well-child visit. I am scheduling these visits as the first visit of the day. Any patients coming into the office are being asked to sanitize their hands by using hand sanitizer or washing in the bathroom. And, in addition to standard COVID-19 cleaning and hand washing protocols, I am wearing an N95 mask when seeing patients to reduce the risk of unknown transmission. To the best of my knowledge I have not been anywhere near anyone with symptoms consistent with COVID-19 but want to take every precaution possible, especially when I am in close contact with someone.

Whew! Now that I have likely overwhelmed you with scheduling details this is the perfect time to share with you some of the resources I have found to help navigate the increased stress.

- The Happiness Lab Podcast has an episode about how to beat social isolation that helped me look for unique ways to connect with friends such as meditating over Facetime or having a

friend “over” for dinner by placing my tablet at their seat at the dinner table and having them join us via Facetime while we eat. Here's a link to the podcast:

- <https://www.happinesslab.fm/coronavirus-bonus-episodes/beat-your-isolation-loneliness>
- Online Yoga – my favorite channel is Yoga With Adrienne
 - <https://www.youtube.com/user/yogawithadriene>
- A thirty day family outdoor challenge.... Can you get your kids outside every day for at least 1, 2 or 3 hours? This family took on the 3 hour challenge. With kids home, what a perfect opportunity! And, if you don't have children you can still take the challenge either by yourself or with a pet or loved one.
 - <http://www.seattleschild.com/How-your-family-can-take-the-30-day-outdoor-challenge/>
- And, sleep is incredibly important to keep your immune system working at its best. Since my family no longer needs to get up early to make it to the bus stop I find myself having the opportunity to sleep in a little later. One of my all time favorite Ted Talks by Arianna Huffington about the importance of sleep.
 - https://www.ted.com/talks/arianna_huffington_how_to_succeed_get_more_sleep?language=en

In closing, as your physician, friend and fellow community member I am here for you during these challenging times and hope these weekly updates help answer questions and provide resources as we all make our way through each day.

With Care,

Christy Seed