



COVID-19: Taking Care of Ourselves as We Take Care of Others

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Learning Objective

- Identify one way to improve from each of the three areas of the biopsychosocial model





Thank You

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Biopsychosocial Model

- Biological/physical
- Psychological
- Social



Biological

- Exercise
 - Apps
 - Virtual
 - Accountability
- Nutrition
 - Eating in
 - Shopping patterns
- Sleep
 - Patterns
 - Efficiency



Psychological

- Embrace feelings
 - Self-awareness
- Muscle memory
 - Patience
- Identify values
 - Importance



Social

- Physical distancing
 - Remaining Social
- Use technology to our advantage
 - Communication





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