

Letter from our GHC-SCW Complementary Medicine Department



Dear GHC-SCW Complementary Medicine Patients,

Thank you for your patience during these difficult times. We would like to share department updates and offer some self-care techniques to use while you are safe at home.

Complementary Medicine appointments will be cancelled through May 26, 2020 except for the following visits:

1. Dr. Ruddy will continue to offer Naturopathic Medicine appointments as phone consultations.
2. Wendy Warren Grapentine will soon be offering 30-minute Mind & Body sessions as Zoom visits.

We will begin to gradually schedule appointments based on urgent needs. Please continue to check your MyChart messages and ghcscw.com for updates. All gift certificates that have expiration dates in 2020, will be honored through the end of the year.

We are made to move!

First, remember that our bodies are made to move! Keeping our bodies in motion helps all of our systems: cardiovascular, pulmonary, musculoskeletal, lymphatic, energetic, you name it! Motion helps keep us strong, lubricates our joints, keeps all of our systems active and flowing. Here's an analogy: Think of sitting around the house vs getting up and moving as the difference between a stagnant pond covered with algae vs a clear, babbling brook. Let your body move and flow!

Whether it's simple stretches throughout the day, yoga or other workouts you find online, or getting outside for a walk*, find a way to move your body every day. We encourage you to also pay attention to your mindset as you move. Rather than grudgingly getting through a workout because you know you should do it, see if you can approach your method of movement with a sense of openness and ease. As you do the physical movements, use the power of your imagination to see your body and all of its systems opening up, feeling more free, expanding outward, and getting loose! Here's an interesting article from Psychology Today about the power of your imagination to impact your physical body. Use your imagination to improve and enhance the benefits of your physical movement!

*Do remember social distancing if you choose to get your movement outdoors. Only exercise with people you're staying at home with, and give folks you encounter on your walk, run, or bike ride a 6-foot berth.

My body doesn't like my new office

Second, lots of us are working on computers from home. For many people that means working from your couch, kitchen table, or even your bed (where I'm writing this right now!). That means we're going to have some new and different aches and pains and areas of stiffness. Getting in regular movement will help, but how do you work out those tight spots when you can't get in to see your massage therapist? Try a tennis ball! Here is a video where Wendy Warren Grapentine shows you how to use a tennis ball to relieve tension in common areas of your body.

This also works great for folks who are on the front lines delivering food and packages, stocking grocery store shelves, operating check-out lanes, and so much more (not to mention our hardworking healthcare workers). All of us are likely holding our bodies differently due to stress, fear, and tension. Using the tennis ball method can help break up that physical tension.

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Unstick that stuck energy

Third, get your energy moving! Our bodies are electrical -- electricity is required for our hearts to beat, our brains to function, our muscles to move. We have a flow of energy in and around our bodies and sometimes that energy gets heavy, slow, or stuck. One self-help approach to keeping your energy flowing smoothly is meridian tapping. It's acupressure focused on the meridians or energy pathways used in acupuncture. While acupuncture requires the extensive knowledge and expertise of trained professionals, like the wonderful ones we have at GHC, acupressure is something you can do to yourself. The meridian tapping technique I'm trained in has you tap on acupoints for all of your body's energy meridians in a basic sequence. Here's a brief video demonstration Wendy made. Please note: Be sure to wash your hands thoroughly before using this technique as you will be touching your face. Here's a video on proper handwashing from Johns Hopkins Medicine.

So there you have it. A few ideas to hopefully help you during this time we need to be apart. Please know those of us in Complementary Medicine find it particularly difficult to not be able to see you for appointments right now -- when we know you need it most. But it's the right thing to do. Hopefully, these tools and reminders can substitute for the time being.

In the meantime, know that your GHC-SCW Complementary Medicine Team is holding you in our awareness; wishing you good physical, mental, and spiritual health; and so looking forward to the time when we will see you again.

Wishing You Health and Well-Being!

The GHC-SCW Complementary Medicine Team

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of South Central Wisconsin