



No Stress Sundays

with Dr. B

April 12, 2021

Self Care



Music can have a deep impact on your physical well-being as well as your mental health. It can bring you to moments of complete joy or inner reflection. VeryWellMinded.com writes, “Research suggests that background music, or music that is played while the listener is primarily focused on another activity, can improve performance on cognitive tasks in older adults.” Check out [this playlist on Spotify](#) designed for help you with your

anxiety.

Compassion



2021 may feel a lot like 2020, but now that we been through the worst of it—hopefully— we know that we don’t have to go through it alone. If there are people in your life who you feel are struggling during this time consider reaching out. Arrange a social distance hangout, or a ZOOM call. [GoodSamaritan.org](#) has a [helpful list of suggestions](#) if you have someone in your life that is struggling right now.



Looking Ahead

Revisit those quarantine-themed resolutions you made at the beginning of this year. While the New Year encourages us to be our best selves, it is very easy to veer astray from that commitment. Do a mid-year check-in with yourself. How far have you gotten with your goals? Have you improved your test scores? Have you reached your fitness goal? Do a gentle check-in with yourself with no judgement. How far have you gotten? How far do

you still need to go?



Good News

After a very long year of staying home and trying to be safe, the United States has been on a mission of vaccinating all of its citizens. As more and more sites open up for vaccinations it is important that people are **properly informed on the importance of getting vaccinated** and where to get information on vaccines **based on where you live according to the CDC**.