

IS IT POSSIBLE TO FIND *AND* KEEP WELLNESS DURING A PANDEMIC?



 **Careers In Nonprofits**
CONNECTING THE BEST PEOPLE WITH THE BEST CAUSES

IMPORTANCE OF A QUARANTINE ROUTINE FROM A CEO

BY JENISSA SOARES, HUMAN RESOURCES MANAGER

LIKE MANY CEO'S across the country, Careers In Nonprofits' CEO, Doug Pedersen, finds himself navigating business challenges while homeschooling his two children.

In an interview with Pedersen, he shares that he begins each day with what he calls the "Energy Snowball" (exercising, meditating, and reading - all before the kids are up!) "Just when you think you have a routine, something changes, so in order to stay balanced, I try to be as disciplined as possible in the first part of my day."



To ensure that he remains active during quarantine, Pedersen, a frequent Spartan race participant, trains intensively every morning as if he has a scheduled race on the calendar. He then shifts his his attention to

meditating and reading. "I try to do them together. It creates momentum, an energy snowball that gets all parts of me going in the same direction – it's a great foundation for my day."

Studies show that alone time can spark creativity, build mental strength, and increase productivity. They have also shown that solitude allows you to process ideas, thoughts, and solve problems. "It's easier to manage getting pulled in different directions and make better decisions when I have already taken care of myself physically, mentally, and spiritually. The Energy Snowball is a self-care hack!"

As we remain hopeful and patiently wait for these days to become a thing of the past, how will you contribute to your health and well-being?

SEE OUR WALKING GUIDE ON **PAGE 2**



WALK INTO A WORLD OF GOOD HEALTH



BY KIMMI CANTRELL, MANAGING DIRECTOR DC

ONE WAY MANY people have been keeping busy during this time is through nature walks. According to thehealthy.com, benefits of walking include stress release, mood boost, and increased energy.

When you take a step away from what you're doing and head outside for a walk, you have the opportunity to clear your mind and think about other things. Walking is a great time to listen to music or podcasts, talk on the phone with loved ones, or observe the beauty and nature around you.

Your walk doesn't need to be long to experience these positive benefits either.

Studies from the Anxiety and Depression

Association of America show that a 10-minute walk was proven to be as effective as a 45-minute workout for reducing depression and anxiety.

During this pandemic, it's important to follow safety and health recommendations. This includes remaining away from large groups, covering your face, and washing your hands. However, there is no harm with stepping out into the fresh air and moving your body for a few minutes per day. You will be surprised at how rejuvenated you feel.

BONUS! Included here are my top three favorite podcasts to listen to while walking:

1. Meditative Story by WaitWhat + Thrive Global
2. The Life Coach School Podcast by Brooke Castillo
3. TED Talks Daily by TED

Enjoy.

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