



News Release

FOR IMMEDIATE RELEASE

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TTUHSC Experts on Keeping Mind and Body Healthy

How to take care of yourself and others

We have made available for media use three separate videos, video transcripts and information tip sheets with three experts on the effects of social distancing and self-isolation.

Dr. Patti Patterson, MPH, pediatrician, Texas Tech University Health Sciences Center (TTUHSC) offers suggestions and online resources on how parents can cope with the added stress of having their children at home. Her recommendations include examining one's emotions, meditating and speaking to their partner before frustration levels spill over.

<https://www.ttuhsc.edu/communications-marketing/media/video-stories/video/2020/march/covid-19-kids-anxiety.aspx>

Toby Brooks, Ph.D., associate professor and program director of the master's in athletic training at TTUHSC, recently had to move his TTUHSC work station to his home, like so many in the workforce. He shares his experience of having to set up a work station and also remind himself to take regular breaks to do something physical because of the effects of prolonged sitting on the body.

<https://www.ttuhsc.edu/communications-marketing/media/video-stories/video/2020/march/covid-19-stay-fit-at-home.aspx>

Zach Sneed, Ph.D., program director of the Master of Science in Addiction Counseling at TTUHSC, explains how isolation and social distancing could lead a person in addiction recovery to relapse and what tools are available for to help them stay in recovery. He also offers advice for those not diagnosed with an addiction who might find themselves engaging in not useful behavior.

<https://www.ttuhsc.edu/communications-marketing/media/video-stories/video/2020/march/covid-19-isolation-and-addiction.aspx>