Went to today's webinar we're pleased to have Simon costume you and I forgot to ask him if that's how you say it join us for a special webinar on Mental Health he was born and raised in Kenya and has been practicing as a nurse practitioner since 2013 that's what all of those nice fun letters are after his name he attended Southern Illinois University of Edwardsville for his bachelor's Master's and doctoral degree and then taught here before moving from the Midwest to Washington about six months ago he continues to teach at Maryville University and passionate about health promotion and disease prevention patient education and has previously worked in both inpatient and outpatient clinics that settings including pain management and internal medicine so we're so happy to have you today and just for the audience take we're also after this presentation going to do a short chair yoga to follow up with some logical well-being for all of ourselves so take it away alright well thank you everybody for joining us today and everybody here and see me okay if if anyone is having an issue so thank you very much. I'm relatively new to Washington we going to do this but I'm going to talk more and just a disclaimer too many pieces to this pandemic it's literally impossible to cover every single aspect of the all different we all different with different things and what affects keep that in mind as well so if you could keep an eye on the question sauerkraut Pacific Medical Center covid-19 Spectre anxiety anxiety is a perfectly normal perfectly fine but sometimes anxiety can an infant begins to get out of hand if you're feeling that are with patients describe symptoms is weird symptoms that they don't have what appears to 1% anxiety would be different based on how one person and we tried to go through each one of what's going on in this is this depression some people is quite languages spoken in all of Africa because of cultural differences most African languages or what language is just simply don't have a work tired no ceiling like themselves but they don't know exactly how to describe sometimes these help so there so why is it important to see someone else about working on. Home Depot worried about not knowing exactly one I am not here to support one side and all is in Minneapolis like I said I am not able to include every single aspect of these things affect us in some people so or spend more time to spend more time at home because when you're working and being home or the sound when you said you missed the things that are outside of when we used to go to work when we can't do something we actually final song we may not always look forward to going to the office. We find ourselves there is also an aspect of control so if we do decide to do something and then my mind is at East and I am more likely when I taken away from me and August a homeowner was not something that we decided to do but it was most of us are more responsibilities of keeping them engaged is developed most respected teachers but I'm finding that is not as easy as maybe a little bit of a Harley Quinn in one place just being able to have conversations we talked about having other people in this child Traditions that one place on Monday through Friday nine-to-five radio station our bodies are used to doing things finally watching around children sci-fi around lately so talking about psychological issues undertale different ways you may notice that usually when kids are you say no more patience are we likely to I'd like to be a symptom of there is some mental one thing but for some reason we tend to buy have I may be short of breath the Grinch and then I may have interesting ready I may have left and wellness I'm trying to I don't want to these are just some of the what I meant by that is I see about the number of appointments on our schedule nearest appointment I'm coming increase irritability how how do we spell how do we stay healthy especially I think the current we live in a society where music is around us 24

hours at all day on and on and on by this time somebody please if I wake up in the morning and the first thing I see is how big is and for the rest of my morning and even achieve something something so you going to I will not watch News until I've had my coffee happens to be reminded you still be updated on what's going on and for the most part not that music rely on information from play social media Facebook as much as you can he's going to be try the best you can we haven't got any from the chat bar but feel free to guys right on the chat bar the question answer if you do have something for Simon I'm going to go get going here I don't know I'll keep going so our first poll says what country has the fewest covid cases this is a short answer so you can actually write in your gas and you can probably Google that information the statistics you get online may not be the most accurate part of it is because all right questions Rowland eating in that and show you guys the results the one person asking to be taken to the Other Extreme where you don't take the virus seriously because it causes you to feel so anxious that you block it out absolutely that is a very good question that there are people who may cause people not caring or not let's hear the answer for the country that has the fewest number of Copa Casas research and the country of Lesotho inside outside I don't know what you expect me of come up with but we have one the mode of transmission for covid-19 ihave at multiple choice this time you can choose from Airborne droplets contact exposure STD hopefully I made the right answers you can you can pick more Chris you can also keep an eye on muscular saying droplets some are born some contact so I actually had this on there because I wanted a professional against mission then later on Research revealed that actually stay in the air after 3 hours surfaces of microorganism things like someone who has Rockland is the difference is the size of the party so your phone is just breathing the same air in the case of an Airborne infection it's not because if someone handle and someone else STD moving on to the next fight so this is just a continuation of ways we can survive what is the best when we probably the best way to do the heist and knows about maintaining have the same bedtime destruction eating healthy eating a balanced diet eating vegetables for teens making sure that we eat a balanced drinking and using it work I go to try something new exercise regularly being being from Kenya is running in my neighborhood too much alcohol take a note to this people is it your friends disappoint this doesn't mean taking a shower doing things that help so I'm waiting too much stimulation listening is screen time right now simulating videos and just relax Andrew something made and probably continue to be hopefully hopefully I talked about that the motor transmission under normal circumstances effective because it's like we train you take over as time goes by. and we had a question how many people normally get the flu shot at the Harrison then the answer would be something like a percentage so you could end up being something like 70% formation in it we're getting ends of your time do you want to come question answers to wrap up or any like last-minute yeah I think I think I mentioned I talked about this in case someone is having a crisis office is open we don't have to face to face oh great so Tim looked up the answer to the percentage and it says in 2017-218 the flu vaccine covered among adults was 37.1% we had another question what is the effective mask to protect yourself and people around you when you're in public what is the effect of mask do you have any recommendations for what to wear as a mask medical grade math is Pacific for Airborne infection in the hospital when Healthcare professionals 95 mask provides a complete around 19 you don't have to have a 95 I have a testing covid-19 station so yesterday I was there otherwise I just used what you want to do is

Spectrum protect you from having. Direct contact so event me from being able to see my face to a homemade masks good enough so if you just have a mess that you can light a match stick lighter in front of you and try to see thank you someone said thanks for the information about the blowing out of the match any more questions and just an update will still do some chair yoga I will record the separately if you have to leave the meeting and then I'll send it out to anyone that attended the live it will also go up on your internet page when Shannon gets a copy of it