



August



Abriendo Caminos Clearing the Path to Hispanic Health

It's August!

After a long quarantine in addition to the summer-time, it is easy to say we are unmotivated to go back to school in person. Here are a few tips to get motivated for school and going back to public safely.

Focus on the first step.

The most common reason why people procrastinate is the lack of energy to do something or having something slow you down. By focusing on the first step, you are not overwhelming yourself with future troubles rather instead focus on what has to be done first and the next step will follow afterward.

Involve others.

Now that quarantine is over, for the most part, it is easy to say you can invite people to do things with you. Such as study groups, walk to class together, or even having lunch after class. You can become motivated by giving yourself external reasons to do things. Overall, humans are social creatures that need to be around other people to have mental health and motivation to do new and productive things.

Follow us on our social media:

Facebook: Abriendo Caminos

Instagram: @abriendo.caminos.UIUC

Check out our NEW Abriendo Caminos Blog:

<https://extension.illinois.edu/blogs/salud-y-familia>



Students who are NOT fully vaccinated are required to keep wearing masks. If you are fully vaccinated, there are no requirements to wear a mask or social distance.

Practice social hygiene.

In recent news, COVID 19 isn't gone. There have been recent cases of people getting Covid who haven't gotten the shot to help with the prevention of the disease spreading. With this being said, COVID 19 has developed a new form of itself as Delta and Delta Plus. The disease is mutating due to the fact that not everyone is taking the vaccine. It is important to take the vaccine but other ways to stay healthy and safe include taking social hygiene.

Social hygiene for example is washing your hands frequently, avoid shaking hands, limit food haring and food handling, and staying home when you feel sick. These practices avoid spreading germs and keeping both you and the general public safe. A big motivator in doing these practices includes thinking of yourself and the safety of people you love, because if you're not safe neither are the people you frequently interact with.

School is tough, but with motivation and safety guidelines, anything is doable!

Link to University Policy towards Face Coverings

<https://covid19.illinois.edu/health-and-support/face-coverings/#:~:text=If%20you%20are%20inside%20of%20a%20University%20of,all%20public%20spaces%2C%20including%20but%20not%20limited%20to%3A>

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Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Stay Healthy!

Turkey Sandwich Wraps

Ingredients

- 4 whole-wheat tortillas (8")
- 4 tablespoon light mayonnaise
- 8 slices turkey lunchmeat
- 4 lettuce leaves
- 1 tomato, sliced

Instructions

- Wash hands with soap and water.
- Gently rub produce under cool running water.
- Spread 1 tablespoon mayonnaise on each tortilla.
- Layer turkey, lettuce, and tomato on each tortilla.
- Carefully roll each tortilla with toppings to make a sandwich wrap.



Image from Pixabay

Nutrition Facts

Servings per Recipe:	4.00
Calories	200.00
Fat	7.00 g
Sodium	670.00 mg
Total Carbohydrates	24.00 g
Fiber	1.00 g
Protein	9.00 g

Note:

- Recipe makes 4 full sandwich wraps. 1 sandwich wrap per serving.
- Try this recipe with different types of lunch meats, vegetables, and spreads!



Turkey Sandwich Wraps | Eat. Move. Save. (illinois.edu)

<https://eat-move-save.extension.illinois.edu/eat/recipes/turkey-sandwich-wraps>



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Quote of the Month:

“Education is for improving the lives of others and for leaving your community and world better than you found it.”

— Marian Wright Edelman

Excercise Tip

You’ve heard of staying hydrated but have you heard of drinking too much water? In the heat of summer, it is easy to just drink water to stay cool but drinking too much water can be equally as unhealthy that can lead to hyponatremia or low blood sodium. It is important to drink water before and after extraneous physical activity or in general when thirsty.

Checklist for School Productivity

- Pick your most productive time
- Set up each study session for success
- Don’t allow negative self-talk
- Create a vision board
- Celebrate your accomplishments
- Change your location

Source:

<https://ed4career.com/blog/11-tips-stay-motivated-with-school-work#:~:text=11%20Tips%20to%20Stay%20Motivated%20with%20Schoolwork%201,some%20form%20of%20physical%20activity%20every%20day.%20>

Resources

COVID Live Update

Want to check the live stats on the COVID 19 virus? The website below has the statistics of cases, deaths, and recoveries of the people who got COVID.

COVID Live Update: 193,326,236 Cases and 4,150,242 Deaths from the Coronavirus - Worldometer (worldometers.info)

The website below is specifically about the Champaign-Urbana county cases on COVID and videos on why and how the deadly virus is doing a comeback.

Urbana, IL Coronavirus Information - Safety Updates, News and Tips - The Weather Channel | Weather.com

Local help

Free Back to School resources

Help one another and yourself to some free resources that can relieve the stress of back to school. The link below provides more information.

Free School Supplies, Backpacks, Haircuts and Health Screenings in the Champaign-Urbana Area | ChambanaMoms.com



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