

INSIDE INSIGHT

As COVID-19 spread throughout the United States, it brought with it a wave of restrictions on how we interact with one another. As everyone has adjusted to social distancing, there's been a more fervent reliance on technology as a means of staying connected and a refocus on life well-lived at home. Here, we present helpful advice and innovative tech tools that make it easier to foster a sense of well-being—mentally, emotionally, and physically—during times of crisis.

BY MARY MURRAY
WITH ABIGAIL DUFFY



Palm Beach. "It is something we have never dealt with in our lifetime, and there is still so much unknown about the virus itself. This creates anxiety and a feeling of being unsafe."

When it comes to discussing the pandemic with children, Needle says open communication is paramount. "Ask them what they know, answer questions, share facts, and correct

any misinformation using age-appropriate language. Model healthy coping and expression of feelings, and even tell them how you handle your stress."

She encourages parents to limit media exposure and to respond gently if a child seems upset or is acting out. During difficult times, it's also important to speak positively to ourselves, employing affirmations that can reframe the situation and how we respond to it. Needle offers a few suggestions: "I am healthy today. I have control over my life. I am happy. I am at home with my family. I choose to be calm. I am at peace. I am strong and will persevere." (wholehealthpsych.com)

Not one has been immune to the impacts of the coronavirus. Whether you're dealing with a job loss, a sick loved one, or the rescheduling of a milestone event, this pandemic has been a major source of anxiety.

"There is so much uncertainty during global crises such as the recent coronavirus pandemic," says Dr. Rachel Needle, a licensed psychologist and executive director of Whole Health Psychological Center in West

STRESS RELIEVERS

Dr. Rachel Needle outlines eight strategies to help mitigate anxiety



1 "Accept and acknowledge your negative emotions, without judgment. Don't avoid them or they will get stronger. Practice mindfulness which is staying in the moment, on purpose, without judgment."

2 "Structure your day with a set schedule and routines. They will be new routines. Plan activities and set goals."

3 "Practice physical distancing rather than social distancing. Schedule video conferencing calls with friends. Fitness instructors are doing online group classes, and Netflix has come out with a feature (netflixparty.com) where you can watch a movie with friends."

4 "Take care of yourself. Get outside if you can, even go for a walk if that's an option. Exercise. Boost your immunity by staying healthy."

5 "Shift your thinking. Let's think about this as a time that can foster growth, resilience, and a new appreciation for life."

6 "Help others. Find small ways to give back, i.e. helping a family in need with groceries, checking in with elderly neighbors, or supporting local restaurants."

7 "Find something you can control. Organize your closet or your files. Do a project you have been putting off."

8 "Know that there is help. If you are struggling, most mental health professionals are doing online therapy, so please reach out. I, and the other therapists at Whole Health Psychological, are available and you can always call 211."

INNER CALM

One way to practice mindfulness is to set aside time for meditation. Susie Levan, a South Florida-based author, meditation teacher, and life coach, has made two of her guided meditations available online at no cost. Entitled "Meditation for a Peaceful Heart" and "Meditation for Healing Stress," Levan's free meditations feature relaxing music by Grammy-nominated artist Steven Halpern. "Meditation is training your mind to focus and redirecting your thoughts," Levan explains. "Meditation helps you feel grounded no matter what life throws your way. As we all meet the challenges of this moment, you will find strength and equanimity with meditation." (gettingtoforgiveness.com)



HELPING OTHERS

Many Palm Beach County philanthropic organizations have risen to the challenges presented by the recent pandemic, resulting in numerous ways to give back.

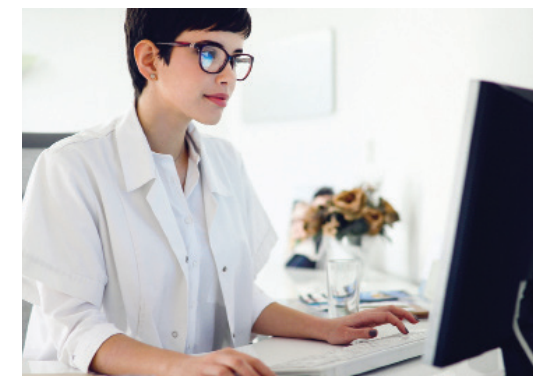
Feeding South Florida has an active COVID-19 Response Fund that helps to feed those impacted by the coronavirus. Additionally, the organization's Palm Beach County branch is hosting sorting and packing volunteer opportunities at its Boynton Beach headquarters. (feedingsouthflorida.org/covid19)

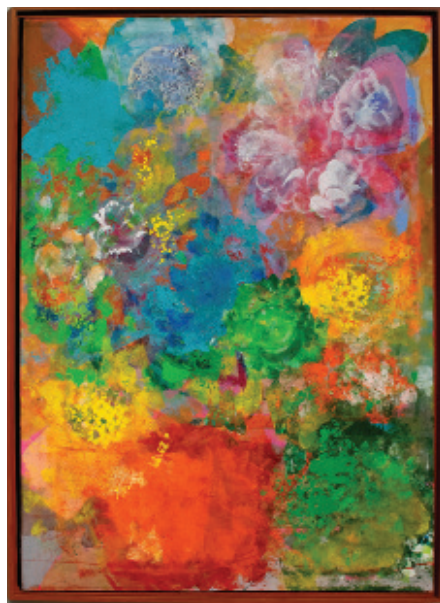
In response to the pandemic, the Boys and Girls Clubs of Palm Beach County has launched the Farm to Family initiative. To help farmers and families stay afloat, the organization has partnered with Kai-Kai Farm, Holman's Harvest, Old School Bakery, and other local businesses to fill boxes with fresh produce and other food products. A \$30 donation covers the cost of one box, which can feed a family of four for one week. (bgcpbc.org)



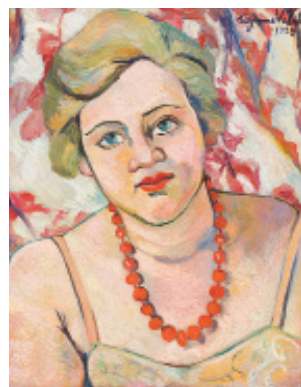
VIRTUAL THERAPY

Finding mental balance and social connection during quarantine can be challenging to even the most seasoned homebody. Enter Talkspace (talkspace.com). The subscription teletherapy resource connects users with licensed mental health professionals who assist clients through stress, anxiety, life changes, couples counseling, and more. Another option is 7 Cups (7cups.com), which provides free emotional support through topic-specific chatrooms, including one for COVID-19 where users can share experiences, anxieties, and coping strategies. In addition to chatting, users can get involved by training to become volunteer listeners who moderate chatrooms and provide one-on-one support.





CLOCKWISE FROM ABOVE: JOIE DE VIVRE, ELLEN WILLNER, ON VIEW AT THE ARMORY ART CENTER; PORTRAIT OF A WOMAN, SUZANNE VALADON, PART OF THE NORTON'S UPCOMING "FOR THE RECORD" EXHIBITION; INTERIOR OF THE GUGGENHEIM MUSEUM WITH "COUNTRYSIDE, THE FUTURE" INSTALLATION; A TEEN VOLUNTEER AT THE BOCA RATON MUSEUM OF ART.



DAVID HIELD'S SOLUTIONS, GUGGENHEIM FOUNDATION



GESI SCHILLING

ART AT HOME

For the aesthete, time away from museums and live performances can be crushing. Not only that but engaging in cultural pursuits helps us feel connected to each other and the world around us. Fortunately, institutions across the globe are stepping up to the challenge to go virtual, transporting the splendor of fine art into our living rooms.

The Boca Raton Museum of Art's #BocaMuseumAtHome initiative brings its collections to your fingertips. Those craving some art can view Q&A sessions with museum curators and go on a virtual gallery tour. The museum's #KeepKidsSmartWithArt program features downloadable lesson plans, art tutorials, and tips for ways to expand a child's creativity. (bocamuseum.org)

For more moments of art-induced Zen, consult area orgs such as the Armory Art Center (armoryart.org), which has posted videos of its exhibitions. The Flagler Museum (flaglermuseum.us) offers a virtual tour of Whitehall with a brief audio component. The Norton Museum of Art (norton.org) has launched #NortonFromHome, complete with online collection highlights and a robust video library.

When wanderlust strikes, venture through the halls of some of the world's greatest museums without leaving your couch. Google Arts & Culture makes it easy to explore New York landmarks such as the Guggenheim, the Met, and the Museum of Modern Art. The Louvre boasts tours on its website, as does the Smithsonian National Museum of Natural History. The best part: No admission is necessary when you #MuseumFromHome.

LEARNING ONLINE

THROUGH TIMES OF SOCIAL DISTANCING AND ISOLATION, LEARNING CAN BE A CONSTANT COMPANION. THE ONLINE RESOURCE SKILLSHARE PROVIDES ACCESS TO VIDEO LESSONS ACROSS SEVEN DISCIPLINES, INCLUDING INTERIOR DESIGN, PHOTOGRAPHY, FILM, BUSINESS, AND WRITING. USERS CAN BEGIN THEIR JOURNEY WITH A FREE TRIAL AND THEN SUBSCRIBE TO THE PLATFORM TO CONTINUE THEIR STUDIES. (SKILLSHARE.COM)

LOCALLY, THE SOUTH FLORIDA SCIENCE CENTER AND AQUARIUM HAS LAUNCHED A VIRTUAL SCIENCE PROGRAM TO KEEP KIDS ENGAGED IN STEM EDUCATION. THROUGHOUT THE WEEK, THE WEST PALM BEACH-BASED ORGANIZATION IS HOSTING LIVE-STREAMED CONTENT ON FACEBOOK, INCLUDING SCIENCE DEMOS AND LESSONS, AQUARIUM PROGRAMS, VIRTUAL EXHIBIT TOURS, STORY TIMES WITH SCIENTISTS, AND DIY PROJECTS KIDS CAN TRY AT HOME. (SFSCIENCECENTER.ORG/VIRTUAL)

STAY SPIRITUAL

To continue supporting congregants through hardship while maintaining social distancing, local places of worship are live streaming services. The Friday evening and Saturday morning Shabbat services of Temple Emanuel of Palm Beach (tepb.org) and Temple Israel (temple-israel.com) are available to watch live and archived for later viewing.

St. Ann Catholic Church (stannchurchwpb.org) broadcasts masses via Facebook and posts the day's homilies to follow along with at home. The Church of Bethesda-by-the-Sea (bbts.org) offers an 11 a.m. online service to guide worshippers through daily prayer.



The Islamic Center of Palm Beach County is accommodating worshippers by broadcasting weekly classes on its website after the Maghrib (sunset) prayer on Mondays, Wednesdays, and Fridays. (palmbeachmuslims.com)

COOUTURE Cubicle

Many have recently shifted to working remotely, resulting in a need for efficient yet tranquil home offices. "Creating a dedicated work space that is inviting and organized is an important part of being productive," says Danielle Rollins, founder and creative director of Danielle Rollins Interiors. "The main things to keep in mind when choosing your special spot are sound, lighting, and function." *PBI* caught up with Rollins, who resides in Palm Beach and Atlanta, to discuss designing a home office that encourages productivity and serenity. (danielledrollins.com)



NICK MELE

PBI: When it comes to the feng shui of a home office, how can you make the most of the energy within that room?

Rollins: I think people feel better in edited, clutter-free, and clean spaces. Most of the time, productivity feels better when we are in a cozy-feeling but free-flowing space, with the ability to see around the overall space. I like to see who is entering and exiting the room around me, even if it's just the dog.

What are your top tips for eliminating clutter in an office?

Touch it once and get rid of it, either filed or thrown away. As we become more digital, so much more can be digitally filed, eliminating the need for paper. Another thing is to select desig-

nated spaces for everything and adhere to using them, whether baskets, bins, or files. Take 10 minutes at the end of each day to clean spaces, reorganize, and plan for the next day.

If someone doesn't have a dedicated room for an office, where else could they set one up?

People don't always use their dining rooms daily, and they can easily do double duty as a library/office. There's already a table, so I advise skirting it and adding lamps, and there's plenty of space for nearly concealed storage. A guest room can be quickly converted, or even consider taking over a closet within a space such as a guest room. California Closets and Ikea make modular systems that can be great options.

What considerations do you make when it



JEFF HERR

comes to decorative pieces in a home office?

It's a personal decision, but something living is always nice and a good day brightener. Good lighting is key, [as is having] plenty of out-of-sight outlets, even if it's just an extension cord power strip. I'm not an overhead-light lover and strongly prefer lighting from sconces, bookcase and art lighting, and lamps. Art, no matter where it is placed, should be reflective of the taste of the owner. Pieces that make you feel pleasantly comforted will always have a home.

OFFICE SUPPLIES

SPRUCE UP YOUR WORK SPACE WITH THESE CHIC ESSENTIALS



PERFECT PAIR Streamline your home office without sacrificing style thanks to Restoration Hardware's French contemporary desk (\$1,196-\$1,518) and Jules wingback chair (\$1,721). *RH, West Palm Beach* (restorationhardware.com)

KEEP IT CLEAN Ensure everything is in its proper place with the Pottery Barn Daily System essential office set (\$229). *Pottery Barn, Palm Beach Gardens, Boca Raton* (potterybarn.com)



EVERYTHING IS ILLUMINATED Add a touch of color with Jonathan Adler's practical-yet-posh Carnaby table lamp (\$495). *Jonathan Adler, Miami* (jonathanadler.com)

BREATHE IN Set an intention for the day with help from the Vulcan Scentlizer essential-oil diffuser (\$100). *Nordstrom, Palm Beach Gardens, Boca Raton* (nordstrom.com)



FITNESS 2.0

As gyms close, many fitness fans have turned to online workouts to get in a sweat session at home. Franklin Antoian, a Delray Beach trainer and founder of iBodyFit, has long provided virtual workouts to his clients. Here, he provides words of advice for how to get motivated and be successful during at-home workouts. (*ibodyfit.com*)

- 1. Anything is better than nothing.** Even a 15-minute treadmill walk or a quick body-weight workout each day can keep the weight off and your heart strong.
- 2. No equipment, no problem.** Some of the best athletes train with just body weight.
- 3. Do something you enjoy.** If you really do not like the treadmill, try jumping rope for cardio.
- 4. Mix it up.** If you have always wanted to try yoga but are uncomfortable in a studio setting, try some yoga poses in the privacy of your home.
- 5. Create a gym circuit in your home.** Structure a workout with 10 to 15 of your favorite at-home exercises using any equipment available—some resistance bands, dumbbells, or mini bands. Perform one set of each exercise for 60 seconds each.
- 6. Challenge yourself to stay motivated.** Keep track of your workouts and aim to beat your reps, sets, or time every week or month.
- 7. Focus on your goals.** Just because you are training at home doesn't mean you should neglect your goals. If you would like toned arms, legs, abs, etc., be sure to include exercises that will train these muscle groups.
- 8. Don't overdo it.** Some body-weight or at-home exercises can be more challenging than gym exercises. Know your limits and err on the side of caution.



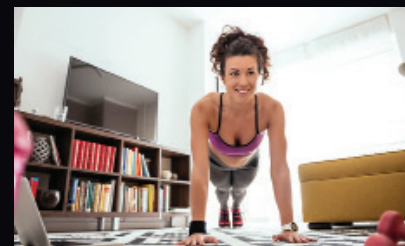
TRY THIS

ELBOW PLANK WITH TOE TAP: From an elbow plank position, lift your right leg up as high as possible while keeping your leg straight. Lower and repeat using left leg.



SIDE LUNGE TO BALANCE: Step to your right, lower your body toward the floor by bending your right leg, push off your right leg, and balance on your left leg. Repeat on other side.

HALF SQUAT/ARM RAISE: Bend your knees slightly, raise both arms above your head, arch your back, lower, and repeat.



CROSSED-LEG CRUNCH: Lie flat on your back, bend your knees, lift your legs up, cross them, and perform a basic crunch.

PUSH-UP TO STAR: From a push-up position, rotate your upper body to the right, and point your left arm toward the ceiling. Lower back to a push-up position and repeat on other side.

TONING WITH TECH

HOME GYMS ARE GETTING SMART WITH THE ADVENT OF TECH-INTEGRATED EQUIPMENT. PELOTON BIKES (ONEPELOTON.COM) CONNECT USERS TO COACH-LED CYCLING CLASSES, WHILE NORDICTRACK TREADMILLS (NORDICTRACK.COM) DELIVER HEART-PUMPING CARDIO SESSIONS SET AGAINST SCENIC VIRTUAL BACKDROPS. ONE OF THE MOST POPULAR AND INTUITIVE PRODUCTS ON THE MARKET IS THE MIRROR, WHICH OFFERS ACCESS TO A SUITE OF FITNESS SERVICES, FROM PERSONAL TRAINING TO LIVE CLASSES TO AN ON-DEMAND LIBRARY OF WORKOUTS. (MIRROR.CO)



QUARANTINE Cuisine

STEP UP YOUR HOME-COOKING SKILLS WITH THESE HEALTHY RECIPES FROM LOCAL CHEFS THAT UTILIZE PANTRY STAPLES AND EASY-TO-FIND INGREDIENTS

SPAGHETTI AL POMODORO, CHEF ANGELO ELIA, CASA D'ANGELO

- 1/4 cup extra-virgin olive oil
- 1 medium onion, minced
- 4 garlic cloves, minced
- 28-oz. can of peeled tomatoes, pureed in a food processor
- Kosher salt
- 3 large fresh basil sprigs
- 12 oz. spaghetti
- 1/4 cup finely grated Parmesan

Heat olive oil in a 12-inch skillet over medium-low heat. Add minced onion and cook, stirring, until soft, about 4 minutes. Add garlic and cook, stirring, for 2-4 minutes until golden brown. Increase heat to medium, add pureed tomatoes, and season lightly with kosher salt. Cook, stirring occasionally, until sauce thickens slightly and the flavors meld, about 15-20 minutes. Remove pan from heat, add basil, and set aside.

Meanwhile, bring water to a boil in a 5-quart pot and season with salt. Add spaghetti and cook, stirring occasionally, until about 2 minutes before tender. Check the cooking time on the pasta box; usually spaghetti takes 7-8 minutes for al dente. Once cooked, drain pasta, reserving 1/2 cup pasta-cooking water.

Heat skillet over high heat. Stir in reserved pasta water to loosen sauce and bring to a boil. Add pasta and cook, stirring, until sauce coats pasta, about 2 minutes. Remove pan from heat. Add cheese and toss until it melts. Transfer to warm bowls and serve with more cheese and basil, if desired.



RAW CAULIFLOWER AND SPRING VEGETABLE SALAD, CHEF CLAY CONLEY, BUCCAN, IMOTO, AND GRATO



COURTESY OF BUCCAN

- 8 oz. cauliflower florets
- 3 oz. English peas, blanched
- 3 oz. asparagus, blanched and small diced
- 3 oz. cherry tomatoes, halved
- .5 oz. mint, chiffonade
- 1 oz. parsley, chopped
- 2 oz. English cucumber (skin on), small diced
- 3 oz. feta cheese, crumbled
- 2 oz. currants
- 1 oz. pine nuts, toasted
- 1 oz. fresh lemon juice
- 1 clove garlic, minced
- 1 tsp. Dijon mustard
- 1 shallot minced
- 2 oz. extra-virgin olive oil



COURTESY OF THE REGIONAL

STUFFED FLORIDA TOMATOES, CHEF LINDSAY AUTRY, THE REGIONAL KITCHEN & PUBLIC HOUSE

- 6 large, firm tomatoes
- 1 small zucchini, grated on a box grater
- 2 garlic cloves, minced or finely grated
- 1/4 cup finely chopped fresh mint (parsley or dill are other options)
- 1/2 cup long-grain rice uncooked (bulgur is another option)
- 3 tbsp. olive oil, divided
- 4 oz. feta cheese, crumbled (optional)
- Kosher salt to taste
- Freshly ground pepper to taste

set on a baking sheet and let drain while you prepare the remaining ingredients.

Toss the shredded zucchini with a generous amount of salt and let drain in a colander for 10 minutes. Take handfuls of zucchini and squeeze out as much liquid as possible. Transfer to a bowl with the tomato pulp. Add the garlic, mint, and rice. Season generously with salt and pepper. Stir in 2 tbsp. of the olive oil and let sit for 20 minutes. Mix in the crumbled feta if desired.

Meanwhile, preheat the oven to 350 degrees. Oil a baking dish large enough to fit all of the tomatoes. Fill the tomatoes almost to the top with the stuffing and replace the caps. Place in the oiled baking dish. Drizzle on the remaining oil. Place in the oven and bake 30 minutes until the tomatoes are almost collapsing. Remove from the heat and allow to cool to room temperature or serve hot. <<

In a small bowl whisk together lemon juice, garlic, Dijon, and shallot. While whisking, slowly drizzle in olive oil. Set aside. With a box grater or in a food processor, grate cauliflower florets into small "grain" size pieces. Mix all remaining ingredients with the cauliflower and toss lightly with the vinaigrette. Season with salt and pepper.

USE #QUARANTINECUISINE TO SHOW US WHAT YOU'RE COOKING UP AT HOME!