Together, Let’s Practice Mindful and Conscious Prevention

As always, All That Matters is focused on the wellness of our community.
We are here to help ease the fears and stress associated with the coronavirus (COVID-19). We have heightened awareness on preparedness to ensure we keep our community safe.

MINDFUL ACTION

- ATM staff and cleaning services are taking extra precautions to effectively clean shared surfaces, yoga mats, blankets and props with disinfectant.
- Increased our supplies of hand sanitizers, hand soap, paper towels and disinfecting wipes in both studios.
- We are asking our staff and teachers to stay home if they are not feeling well (sore throat, cough, fever, aches, and chills).
- Encouraging students to use their own mats and props. The Store at All That Matters is offering 20% off all mats, blocks and straps for the month of March.
- Monitoring information from RI Department of Health and the Center for Disease Control and taking further action when needed.

HOW YOU CAN HELP

- Please stay home if you are not well (sore throat, cough, fever, aches, chills)
- Clean shared props after use, ATM has disinfecting wipes in all studios
- Use your own mat and props
- Practice basic hygiene as you would to prevent cold and flu:
  - Wash your hands with soap and water for at least 20 seconds whenever possible, including your fingertips, and if not available use a hand sanitizer containing at least 60% alcohol.
  - Avoid touching your face particularly eyes, nose and mouth with unwashed hands.
  - Cough and sneeze into your elbow or a tissue, then throw the tissue away.
  - Avoid sharing items such as water bottles, utensils, pens, lip balm, etc.
- Consider getting a Flu Shot to minimize symptoms.

SELF CARE

- Now more than ever, stay connected to your mindfulness practices to support your overall wellness and immune system. Mindful practices offer improved resilience and an enhanced ability to manage stress and anxiety.
- Do More Yoga and Meditation!
- Eat Well
- Join Community. As this can be a stressful time, try to avoid isolating yourself. Social isolation adds to stress and lowers immunity and health, being part of a supportive community boosts both.
- Consider a health service session to help alleviate fear, worry and anxiety.
- Take part in donation based monthly Mindfulness Gatherings offered here at ATM.

LIVE COMPASSION AND KINDNESS

Be mindful of stigmatization by becoming familiar with the facts about COVID-19 and supporting community members with compassion and kindness. Visit the CDC website for information on countering social stigmatization associated with COVID-19.

Stay tuned for updates on All That Matters programs to further support efforts to boost your immune system and continue offering a communal healing space, together we are stronger.

The All That Matters team will continue to navigate this evolving situation and support our community with love, kindness, and compassion.

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