

# Episode 11 Show Notes

**Title:** Staying safe and healthy this holiday season while battling COVID fatigue

**Date:** December 2020

**Brief description:** How do you spend time with family during the holidays while staying safe from Covid-19? Covid fatigue (like not wearing masks, and gathering in larger groups) is leading to another spike in positivity rates just as flu season ramps up. We'll talk to a psychologist at the University of Colorado Medical Center about how to maintain the resolve to stay safe and healthy, and hear from a University of Minnesota Medical School pulmonologist about the latest research and advice on avoiding Covid-19.

A Block Guest: Dr. David Ingbar

- Professor, Medicine, Pediatrics and Integrative Biology & Physiology
- Director, Pulmonary, Allergy, Critical Care & Sleep Division
- CTSI Associate Director; Director, Education, Career Development & Training (CTSI-Ed)
- Executive Director, Center for Lung Science and Health, University of Minnesota
- Past President, [American Thoracic Society](#)
  
- Starting timecode: 00:00
- [Speaker bio](#)



- Resources: [Coronavirus and lung cancer joint advocacy statement from lung cancer advocacy groups](#)

B Block Guest: Dr. Laura Melton, Clinical Health Psychologist at UC Health

- Starting timecode: 17:00
- Speaker bio: [Dr. Laura Melton](#), Medical Director of Supportive Oncology and a Board Certified Clinical Health Psychologist at UCHealth in Denver, CO



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- Resources:

### Tips to Promote Good Mental Health During COVID-19

By [Dr. Laura Melton](#), Medical Director of Supportive Oncology and a Board Certified Clinical Health Psychologist at UCHealth in Denver, CO.

Health behaviors are the cornerstone of mental wellness. This looks like eating a healthy balanced diet, good sleep practices, regular physical activity, and stress management.

- Stay in contact with your loved ones. Schedule interactions so you have something to look forward to, whether it be over the phone, through a video call, or in-person with social distancing that feels comfortable to you. Make virtual interactions more fun by playing games, having a virtual pizza party, or watching a movie together.
- Do not let others pressure you into interacting in-person until you are comfortable. Be honest and straight-forward in communicating your needs, whether it be to an employer, your child's school, or your own friends and family members.
- Not having a routine is stressful. Instead of living day-to-day in a pandemic, commit to a routine one month at a time. Make a commitment to a daily or weekly routine for the next



30 days. Put good self-care activities into your daily routine, even if they are not the self-care you did in the past.

- Curate your information streams. Most people want to stay informed, but that can be hard to do without becoming overwhelmed. You may need to re-evaluate the format and timing of the news you take in. You may also need to take a break from social media or certain people in your life that are causing you stress.

LCFA's mission is the improvement in survivorship of lung cancer patients through the funding of transformative science.

While raising funds to support lung cancer research, LCFA will raise the public's awareness and serve as a resource for patients or anyone seeking answers, hope, and access to updated treatment information, scientific investigation, and clinical trials.

You can also join the conversation with LCFA on [Facebook](#), [Twitter](#), and [Instagram](#).