Wellness Special

A Healthy Reset for Mind & Body

THE PANDEMIC TAUGHT US ALL THE VALUE OF WELLNESS. IF YOU'RE SEARCHING FOR MENTAL HEALTH HELP, A FITNESS REFRESH OR TIPS FOR CONQUERING DRY JANUARY, START HERE

Managing Stress and Anxiety

The pandemic has taken its toll on Americans' mental health—four in 10 adults have reported symptoms of anxiety and depression, up from one in 10 before COVID hit. "People are struggling in numbers we've never seen before," says Dr. Kevin Gilliland, a clinical psychologist. But there is a silver lining: As everyone learned to use platforms like Zoom, telehealth—for all health needs—soared. Teletherapy for mental health help may be particularly effective. (One study even found that women could have better outcomes from virtual than in-person visits.) Here, experts' advice on finding the help you need online.



1
Look for Your Match

Start your search for an online therapist by checking their credentials and experience and making sure they're licensed. "The critical thing is for you to feel like it's someone you can trust," says Gilliland. "You should feel that they make it easier for you to see other perspectives and solutions." Have two to three sessions before you decide if you're a good fit, recommends licensed therapist Michelle Chalfant. "If you're not a match, move to another therapist. This isn't an unusual ask." And if it makes you more comfortable, specify that you'd like a clinician from a similar ethnic background or gender identity. "They may be more culturally sensitive due to the similar life experience," says Terri Cole, psychotherapist and author of *Boundary Boss: The Essential Guide to Talk True, Be Seen and (Finally) Live Free*.

2
Check Costs and Contracts

While finding the right therapist is key, it's also important to understand pricing, contract requirements and what's covered by insurance. "Is there a contract and how easy is it to get out of it?" says Chalfant. Some teletherapy companies offer a monthly contract, "which can be fine if you're pleased with the service," says Chalfant. "But if you're unhappy, you're going to want to cancel. So be sure to look at the cancellation policy." Also ask about insurance coverage and payment plans, which may vary depending on how often you have sessions. Gilliland suggests starting with low-cost online options. "It will help you determine what kind of help you need."

3
Think About How You Communicate Best

Consider what kind of online interaction is ideal for you, says Cole: "Do you prefer therapy over the phone or video conferencing for your sessions? Do you want the option to reach out to your therapist via text messaging or email?" Some services offer a combo, but make sure you're comfortable opening up to your therapist and that they'll be available to you when you need them. "Some programs let you talk between sessions or schedule 'emergency' sessions," says Chalfant. Gilliland adds that if your feelings of isolation have increased, in-person therapy may be best.



"Right now excessive worry and anxiety are the major problems people are struggling with," says Dr. Gilliland.

What *to* Ask a New Therapist

This checklist, from psychotherapist Terri Cole, has no right or wrong answers, but it will help you decide if your counselor is a good fit.

- **How should I prepare for our first session?**
- **What's your general approach to counseling? Are you more passive, direct or guiding?**
- **Can you describe a typical session?**
- **How many clients have you had with circumstances similar to mine?**
- **When was the last time you worked with someone similar to me?**
- **Can you describe your ideal patient?**
- **Do you help set and facilitate therapy goals? Can you give me some examples?**
- **Do you give clients homework or suggested reading?**

Best Teletherapy Sites

Michelle Chalfant, licensed therapist and host of The Adult Chair *podcast, recommends these online therapy services.*

BetterHelp
Although this site doesn't accept insurance, they are upfront about their fees, which are reasonable, and Chalfant loves that users have access to a therapist at all times.
$60-$90 per week; betterhelp.com

MDLIVE
"This platform enlists both psychiatrists and therapists," says Chalfant, which means that, unlike many other sites, they can prescribe medications for issues like bipolar disorder, panic attacks and PTSD.
Prices vary based on insurance; mdlnext.mdlive.com

Talkspace
"They provide text, talk and video sessions for a range of issues, from anxiety and depression to PTSD—as well as therapy for ages 13 to 17," says Chalfant. Plus they bill patients weekly instead of monthly, so "it's easy to cancel if you choose."
Prices vary based on location and insurance; talkspace.com

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Get Moving: Jump-Start Your Body

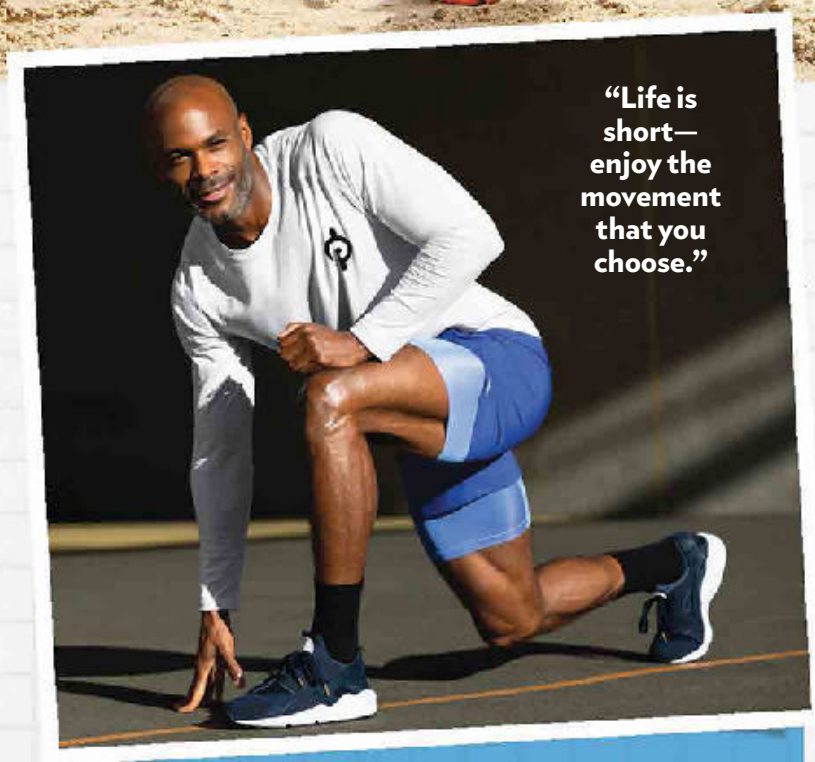
Expert trainers offer advice on how you can kick off your fitness routine—and keep it going



Spend 10 Minutes on Yourself Every Morning

DENISE AUSTIN, Fitness Instructor

Create a little area in your home for movement, and wake up 10 minutes earlier to use it, recommends Austin, 64. "I do a little bit of stretching, twisting, side bends—I call it my morning stretch," says Austin. She also includes three minutes of ab work (plank, bicycles and sit-ups) every day. Any type of physical commitment—from a brisk walk to high-intensity interval training—will contribute to a healthier mindset, Austin says, so choose what you like best. "That 10 minutes will become a positive habit, and you'll notice a big difference throughout your day," she says.



"Life is short—enjoy the movement that you choose."

Make Fun a Priority

ADRIAN WILLIAMS, Peloton Instructor

When picking a workout, "gravitate toward something that's about fun first, fitness second," says Williams, 38, who's known for his killer treadmill, cardio and strength workouts on the Peloton app. "I want to laugh, have a good time, enjoy the music." If you're just starting out, he recommends first trying an activity that might be easy for you: "Your body will remember feeling great and start to crave it." Then set tangible goals and keep a journal of your progress, he says. And remember to be kind to yourself. "If you didn't hit a workout, that's okay," he says. "There's another week coming."

Focus on Consistency Over Intensity

ADRIENE MISHLER, Yoga Instructor

"One of the things the pandemic era has taught us is how to find what feels good in the little moments," says Mishler, 37, whose YouTube channel *Yoga With Adriene* has 10.6 million subscribers. She adds that a consistent daily practice can be more valuable than intense workouts: "We think we have to be operating at full capacity to better ourselves, and it's just not true." Instead, she suggests simply *moving*. "Find a little movement each day to create some magic in your life," she says. "Taking time to tend to yourself is incredibly valuable."



'Set aside time to move and breathe in a mindful way'

Celebs' Smart Home Gyms

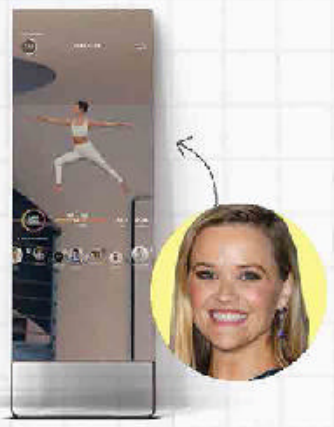
Virtual workouts exploded during the pandemic. Here, three that the stars loved. (Warning: They're pricey!)



FightCamp

Usher uses this at-home boxing gym, which teaches martial arts skills through high-intensity sparring for a heart-healthy workout.

$1,219 plus $39/month; joinfightcamp.com



Mirror

Reese Witherspoon is a fan of this app-controlled mirror, which offers more than 50 types of classes—from cardio to barre to strength—in a minimal amount of space.

$1,495 plus $39/month; mirror.co



Hydro Rower

Kevin Hart and Justin Timberlake invested in Hydrow, a low-impact, immersive rowing experience that claims to be the closest thing to being on the water.

$2,295; hydrow.com

(AUSTIN) COURTESY DENISE AUSTIN; (MISHLER) LAUREN LOGAN PHOTOGRAPHY; (WILLIAMS) COURTESY PELOTON; (USHER) KEVIN MAZUR/GETTY IMAGES; (WITHERSPOON) STEVE GRANITZ/FILMMAGIC; (HART) TASOS KATOPODIS/GETTY IMAGES

Lose the Booze, Feel the Benefits!

Why experts hope those Dry January resolutions stick

In 2019 data showed that—for the first time ever—young women were drinking at higher levels than their male peers. Then came the pandemic, which led to a 41 percent increase in heavy-drinking days among women, according to a RAND Corporation study. The uptick has alarmed experts, who point out that abstaining has undeniable health advantages—even if you do it only for a month. "Cutting out alcohol has multiple physiological benefits," says Dr. Jamile Wakim-Fleming, a gastroenterologist at Cleveland Clinic, "from sleeping better to reduced cholesterol and glucose levels, lower blood pressure and weight loss."

Taking a break from booze can also lead to less drinking throughout the year. "This one change," says Dawn Jackson Blatner, a registered dietitian, "especially for people drinking more than a moderate amount [one drink daily for women, two for men], creates a healthy momentum." To stay on track, alcohol-free-lifestyle coach Amanda Kuda recommends switching your happy-hour spot for a new restaurant or cafe; starting a hobby or joining a fitness club; and seeking guides like *Quit Like a Woman,* by Holly Whitaker (Chrissy Teigen is a fan). Then, come Feb. 1, reflect on the challenges and triumphs of the month, she says. "You may be surprised at what you've learned."



Pomegranate & Grapefruit Fizz

You won't miss the tequila in this nonalcoholic paloma-like spritz

3 Tbsp. pomegranate arils, divided • 2 tsp. thinly sliced ginger • 1 (1-in.) lime wedge • ⅓ cup pomegranate or cranberry juice • ⅔ cup fresh pink or red grapefruit juice (from 1 medium grapefruit) • 4 oz. club soda • grapefruit slices, for garnish

Muddle 2 tablespoons of the pomegranate arils, ginger and lime wedge in a cocktail shaker. Add pomegranate or cranberry juice, grapefruit juice and ice to shaker; cover, and shake well for about 15 to 20 seconds. Strain mixture evenly into 2 highball glasses filled with ice. Top each glass with club soda. Garnish drinks with remaining 1 tablespoon pomegranate arils and fresh grapefruit slices. *Makes: 2*

Alcohol-Free Drinks From the Stars

Stock up for Soberuary (that's any month you choose to abstain)



Betty Buzz
Blake Lively
"Mixers are the unsung heroes of the drink world," said the actress, whose collection of sparkling blends includes grapefruit and ginger beer flavors. *$30 for 12; bettybuzz.com*



De Soi
Katy Perry
"Cheers to pleasure with restraint!" the singer said when she announced her new bubbly aperitif line. The bittersweet botanical beverages are meant for sipping before dinner. *$25; drinkdesoi.com*



Athletic Brewing Co.
J.J. Watt
The NFL player invested in the beer company, which makes flavorful craft brews (IPAs, lagers, golden ales and more) without the booze. *$13 for 6; athleticbrewing.com*

(DRINK) ISTOCKPHOTO/GETTY IMAGES; (NOTEBOOK) EYEEM/GETTY IMAGES; (CELEBRITIES) FROM LEFT: PHOTO IMAGE PRESS/SHUTTERSTOCK; ED RODE/AP/SHUTTERSTOCK; NATHAN CONGLETON/NBC/GETTY IMAGES

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