

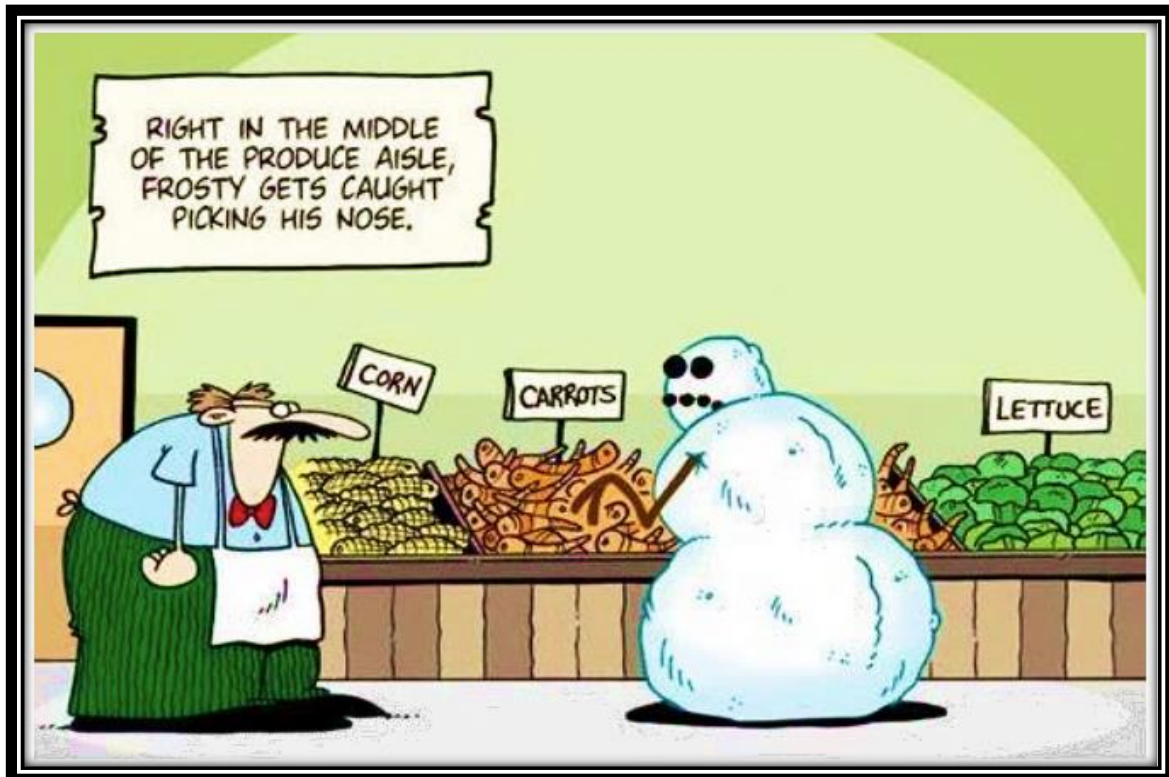


SCHOOL OF
MEDICINE
PREVENTION RESEARCH CENTER

December 2020

Dear Communities,

The VIVA Connects team hopes that you are all doing well, and finding ways to safely enjoy activities outside. This Newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your communities safe. Please feel free to share this information with community members and loved ones.





Coping with **STRESS & ANXIETY** during the **COVID-19** Outbreak



EAT HEALTHILY

Eating healthily can help us feel better. As much as possible, choose more fruits and vegetables, and drink lots of water.



GET PLENTY OF REST & SLEEP

Getting enough sleep can both help reduce the amount of stress we experience and prepare us to better manage stress.



STAY ACTIVE

Physical activity is a great way to reduce stress and anxiety, and improve our mood and overall health. If you are self-isolated, find ways to exercise in your home.



ACCEPT THAT SOME ANXIETY AND FEAR IS NORMAL

Fear and anxiety about a disease can be overwhelming and cause strong emotions. Coping with stress will make you, the people you care about, and your community stronger.



SEEK SUPPORT

Social distancing does not mean you should break off all contact from loved ones. It can be helpful to connect with people who are a positive influence when you are feeling stressed.



BE KIND TO YOURSELF

Don't be hard on yourself and treat yourself and others with compassion. It's okay to not be okay in these tough times.

Community Highlight: Silver City Boston Hill Trail Signage

The Boston Hill Trail Signage and Trail Expansion project is facilitated by multiple members of the Gila Trails and Open Space Coalition (GTOSC) and the Town of Silver City Trails and Open Space Committee (TOSC). The Boston Hill Open Space, located just minutes away from downtown Silver City, is comprised of 556 acres of Town, BLM and Western New Mexico University lands. Six organizations in Silver City, including a local cartographer and handfuls of volunteers (including the Aldo Leopold Charter School's Youth Conservation Corps Trail Crew), have been working on this project since early 2019 and Phase One of the expansion project is now complete, with approximately 4.5 miles of new hiking, biking and trail-running trails, supported by a comprehensive map posted at 7 trailhead sites and 14 junction sites. Trails are color-coded on the maps, correlating to colored trail markers with directional stickers and the new Boston Hill logo, on each trail marker. The newly created Blue Loop provides an internal loop of the Boston Hill Open Space – there is user access to the Blue Loop from each trailhead.





The collaboration efforts between GTOSC members made this project possible, from boots on the ground to cartography, from navigating approvals from the Town to patiently to triple-checking design and mapping drafts.

This mini-grant funding from the VIVA Connects UNM Cancer Prevention Unit, has allowed Boston Hill to continue to expand projects in both scope and vision from the original VIVA Connects application in 2018. With updated maps complete, printed and installed, Phase Two now begins. A collaboration between the Silver City Cycling Group and the Town of Silver City's Trail and Open Space Committee was recently awarded substantial funding from the Silver City 30-Something group, allowing for more signage, upgraded and additional kiosks, additional hiking loops, and benches.



An additional 2-3 miles of trails is anticipated to be added to the Boston Hill trail system over the next year, including a mountain bike flow trail that would be the first of its kind in Southwest New Mexico. Built as a one-way descent, the trail would include several 'features', with a 'b-line' offering riders an opportunity to roll around the feature if they wished. While the trail would offer advanced riders an enjoyable challenge, the trail would be rideable by people of all levels and abilities should the rider chose to miss the features.

*-Bridgette Johns
Project Coordinator and VIVA Action Community Member*



*Stay safe, mask up, and get outside!
Sincerely,
The VIVA Connects Team*

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