Tips And Resources For Keeping Yourself Healthy During the Coronavirus

TAKING CARE OF YOUR BODY

- Exercise. Get your heart pumping by walking in your neighborood or accessing on-line resources.

- Eat right. Have fun with food. Make your favorite recipes, learn new ones. Cook a meal with others.

- Get plenty of sleep. Recent research on sleep reinforces how crucial it is for everything https://www.ted.com/talks/matt_walker_sleep_is_your_superpower?language=en

- Avoid excessive use of alcohol and drugs.

TAKING CARE OF YOUR MIND

- Meditate. Breathe deeply few minutes and let your mind relax.

- Take breaks from the news about the pandemic to give your brain time to chill and de-stress.

- Seek out sound scientific and medical information vs. repetitive media coverage of the pandemic.

- Acknowledge the increased risk for anxiety, depression, irritability and poor sleep. Be aware of your reaction and to seek support when needed.

- Do some other activities you enjoy.

TAKING CARE OF YOUR SOUL

- Be kind. Smile. Acts of kindness boost serotonin in you & others.

- Appreciate what you do have. When you practice thankfulness, you become more positive and that helps everyone.

- Encourage one another to make the best of these times.

- Deepen your connections with others. Talk with people you trust about your concerns and how you are feeling.

- Play games. Give yourself permission to have some fun.

- Find beauty and give it its due.

ON-LINE RESOURCES:

Mindfulness and Compassion Live Sessions/Recordings:

Provided by the Sanford Institute, Center for Mindfulness, and Compassion Institute at UC San Diego. Free online mindfulness and compassion live sessions

CDC Health and Well Being Resources

Managing Stress & Anxiety

Helping Children Cope

Q&A with Angela Duckworth on Maintaining Emotional Well-being During the COVID-19 Crisis
https://www.youtube.com/watch?v=XaAUx4SlGBE&feature=youtu.be

Tips to Stay Healthy While Stuck at Home During Coronavirus Pandemic

https://www.nbcwashington.com/news/coronavirus/tips-to-stay-healthy-while-stuck-at-home-during-coronavirus-pandemic/2242718/

9 Practices To Help Maintain Mental Health During The Coronavirus Lockdown

https://www.forbes.com/sites/alicegwalton/2020/03/22/9-mental-health-practices-to-maintain-or-begin-during-coronavirus-lockdown/#668e084b4264