

WELLNESS AT HOME

1 STRESS RELIEF



Meditation

- **Phone Apps:** Simple Habit, Headspace, Calm
- **Guided recordings** on YouTube

Gratitude

Build your immune system, lower your blood pressure and feel more alert

- **Journal, smile, tell someone you appreciate them**

2 NUTRITION



Eat well to feel well

Prioritize your health by fueling your body and your mind

- Hydrate - phone reminders, apps
- Start your day off with a healthy breakfast

3 UNPLUG



- **Take breaks** from social media and the news
- Place your phone on airplane mode or put it in another room
- Move apps to the 2nd or 3rd page of your phone

4 MOVE MORE



Regular exercise can improve your physical and mental health

- Set phone reminders to **get up** every 30 minutes
- Take short **stretch breaks**
- Challenge your family or friend(s) to a daily step challenge
- **Workout Apps:** Down Dog, FitOn, Sworkit

5 SLEEP ROUTINE



- Go to sleep at the same time every night
- Get up at the same time every morning
- Get rid of screens before bed

6 AVOID FEELING CONFINED



Take advantage of your windows, lighting and **stay connected** with others

- Call a friend or family member
- Be present with family members
- Step outside for a few minutes or take a short walk