

6 Ways to Stay Healthy while Staying at Home



1. FUEL YOUR BODY & MIND

Stress, boredom and other emotions can lead us to overeat and keep us from choosing healthy foods.

- Take time to plan your meals in advanced
- Incorporate vegetables, fruit & whole grains
- Include the whole family in meal preparation



4. CREATE A NEW ROUTINE

Following a routine can help to create balance between work and home.

- Dress for the day and "arrive" to work
- Schedule time for exercise and relaxation
- Unplug at the end of the day; avoid checking email too often after work

2. BOOST YOUR MOOD & ENERGY LEVEL

Give yourself a boost with healthy habits throughout the day

- Stay hydrated
- Eat three meals and one snack for consistent energy
- Take 10 minutes to reflect on what you are thankful for each day



5. TRY NOT TO OVERUSE

With extra time at home, it can be easy to overuse caffeine, alcohol and tobacco

- Keep caffeine to two or less cups before noon so that it doesn't interfere with sleep
- Avoid tobacco and alcohol use as a stress reliever
- Start to cut back on alcohol and tobacco as a way to save money



3. STAY CONNECTED

Social distancing doesn't mean isolation. Stay connected to people and things that make you happy to reduce feelings of anxiety.

- Stay in touch with friends and family virtually or over the phone
- Enjoy time outdoors connecting to nature
- Spend time with pets



6. SLEEP SOUNDLY

Prioritize sleep and practice behaviors throughout the day to help you get the best quality sleep

- Stay on a consistent schedule with sleep
- Avoid screens at least 30 minutes before bed
- Keep caffeine and alcohol intake to a moderate level



Fuel Your Mind & Body During Changing Times



DID YOU KNOW?

According to the American Psychological Association 38% of adults say they have overeaten or eaten unhealthy foods in times of high stress.

MANAGE YOUR ENVIRONMENT

Don't allow yourself to be around the foods that tempt you the most. If candy, ice cream or alcohol is not available, then you can't have it. Challenge your family members to eat healthy too by not honoring every request they have.



BINGE HEALTHY HABITS...NOT FOOD

Redirect emotions like boredom or stress into something healthy such as meditating, going for a walk, or talking to someone about how you feel. Evaluate your hunger level before eating to ensure you are not eating out of emotion.



EAT CLEAN FOOD

Rinse fruits and vegetables before eating them and use a clean brush to scrub away any dirt. Remove the outermost leaves of leafy produce such as lettuce or cabbage.



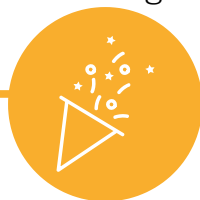
PREPARE MEALS WITH FAMILY

Cooking a meal as a family allows for great bonding time as well as children learning valuable skills. Allow everyone to take in each part in the process to make it more enjoyable.



HAVE FUN WHILE EATING HEALTHY

Incorporate fun into healthy eating. Let each person in the family pick a new fruit or vegetable to try or have a food scavenger hunt.



PLAN YOUR MEALS

Write down the daily menu in advance at a place everyone can see. This will help make shopping easier and everyone will know what to expect throughout the day.



Work, Eat, Sleep, Repeat

KEEP A ROUTINE FOR BETTER FOCUS AT HOME



ARRIVE TO WORK

- Keep routine consistent - just like usual, get dressed and "arrive" to work at the same time every day. This mental shift allows you to differentiate work time.
- Set goals for the day - hold yourself accountable by setting daily goals and creating a task list. Share these goals with a co-worker or your supervisor.
- Stay connected - utilize technology to communicate with co-workers and share regular updates.



BREAK FOR MENTAL CLARITY

- Schedule breaks - block off time on your calendar throughout the day for breaks. Set reminders to help yourself adhere to the schedule.
- Keep it interesting - vary what you do during your break time. This can include a social virtual chat with a friend, eating a snack away from your workstation, going outside for a walk, or spending quiet time reading or meditating.
- Get moving - prioritize exercise just like any other appointment. Turn on an exercise video or go for a (socially distant) walk outside.



UNPLUG AT THE END OF THE DAY

- Make a clean break - set a time to leave the "office" every day. Turn off technology and step away from your work-space to create boundaries.
- Resist the urge to work - work-life balance is important for staying productive, reducing burnout, and returning to work refreshed and ready to tackle another day.
- Stick to a nightly routine - give your body a chance to wind down for restful sleep by following a consistent routine. Read, journal, or listen to music before bed instead of watching TV.

Boost Your Mood & Energy Level

MORNING

STAY HYDRATED

Start each day with a glass of water. Aim for half your body weight in ounces of water per day. Track it to know how many you are drinking.

BE POSITIVE

Stress and negativity can take a toll on one's mental health and zap energy levels. Try starting your day with yoga, meditation, or deep breathing exercises.

PROTEIN-PACKED

Power-up your day with a protein-packed breakfast. Try eggs, Greek yogurt, or nut butter for a successful way to start your day.



MIDDAY

LIGHTEN UP

Eat a smaller lunch with an afternoon snack to fight afternoon fatigue. Include fresh fruit, healthy fats, like nuts, and whole grains for sustained energy.

BREAK IT UP

Take well-spaced breaks for an energy boost. Leave your electronics behind and go for a walk, or simply stand up and stretch.

TRY TEA

Many teas, like green tea, are rich in antioxidants, which can improve your immune system. It, also, has just enough caffeine to give you that midday boost!



EVENING

PACK IT UP

When your work day is over, listen to your favorite song while you put away your things. You'll be more organized and the music will put a little pep in your step!

MAKE DINNER COUNT

Practice mindful eating at dinner by slowing down, enjoying each bite, and limiting distractions from meal time. Aim to finish eating 2-3 hours before bedtime for better sleep.

POWER DOWN

Help your body to wind down by turning off screens at least 30 minutes before bed. Try meditating, journaling, or reading.



4 Ways to Stay Connected While Social Distancing



1. KEEP MOVING

Exercise is a great way to connect with others and to your body. Moving more can help ease feelings of stress and anxiety too.

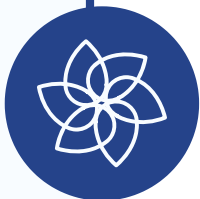
- Try a new online workout class to engage in a sense of community
- Do a virtual workout with a friend
- Make a phone call while walking outside



2. CHAT WITH CO-WORKERS

You may be missing your workplace and coworkers more than you would have thought.

- Have virtual coffee with a co-worker before your day starts
- Plan a virtual lunch with your normal lunch crew
- Organize a virtual stretch session with co-workers as a way to break up the day



3. GET OUTDOORS

Studies show that spending as few as 10 minutes per day in a natural setting can help boost happiness levels.

- Take a walk around your neighborhood
- Eat your lunch outside
- Bring the outdoors inside with house plants or fresh flowers
- Spend time gardening herbs and veggies

4. TRY MINDFULNESS

Mindful practice can help to lower stress, improve focus, ease anxiety and boost feelings of self-worth.

- Spend 5 minutes each day focusing on breathing
- Find a quote to read that calms you down, and recite it three times
- Try an app like Calm or Headspace



9 Ways to Quiet Your Mind and Sleep Better

CREATE ROUTINE

Try to go to sleep and wake at the same time each night to maintain a sense of normalcy. Also, physical activity during the day can help you fall asleep at night.



DISCONNECT

Refrain from watching the news or scroll social media before bed. This can increase anxiety and keep you from falling asleep.

WRITE IT DOWN

Journal before bed as a way to get things off your mind. A good night's sleep can bring a fresh perspective to those worries.

RE-FOCUS

Cover your alarm clock, move your phone to the other room, and put your smartwatch to sleep. This will help you focus on relaxing instead of watching sleepless minutes tick by.

RELAX

Sounds simple right? Progressive Muscle Relaxation (PMR) encourages tightening and relaxation of muscles of the body one by one in a sequence from the top to bottom (or vice versa).

SLEEP SOUNDLY

Lying awake for more than 20 minutes? Go do a quiet activity in another (dimly lit) room until you feel sleepy again. Avoid screens and devices as the blue light keeps you awake.



REDUCE NOISE

Did you know that you can still hear and process sounds, even when you're asleep? Try a white noise machine to drown out the day's stress.

MEDITATE

A mobile app (Calm) or online resources (YouTube) can help you get started with this practice. It is clinically proven to improve sleep!

KEEP COOL

If your room is too warm, you may have trouble falling and staying asleep. Setting your thermostat to a cool temperature between 60–68°F could help.



9 Tips for Balancing Work & Kids at Home

1. NEW ROUTINE



Create a schedule for the day that includes work, school, breaks and fun! Kids thrive with a routine. Post it on the refrigerator for everyone to see.

2. MOVE MORE

Kids have a lot of energy - schedule time for them to move throughout the day. This will help to make school time more productive.

3. ONE-ON-ONE

Within your new routine, schedule time to be one-on-one with each of your kids. They need your attention now more than ever.

4. EMBRACE TECHNOLOGY

Parents have always been encouraged to limit screen time for kids. During this time, it's okay to use it more often for school and for socializing (like video chatting with Grandma!)

5. PLAN STRATEGICALLY

Try to plan conference calls or meetings during nap time for little ones. If there is another adult in the house, tag team during the day for better productivity.

6. TALK OFTEN

Check-in with your kids about how they are feeling. It's important for them to be able to name their emotions and feel like they can talk about them.



9. PRACTICE POSITIVITY

During family meals, have each person say something they are thankful for the day. Embracing positivity during tough times is a great coping skill for kids to learn early.

7. GIVE GRACE

This is a very challenging time - keep expectations in check and don't expect everything to go perfectly. Just do the best you can!

8. SLEEP SOUNDLY

Sleep is very important for maintaining overall health. To keep days happy and productive, make sure everyone is getting to sleep on time.



6 Ways to Manage Your Weight During Stressful Times



1. PLAN AHEAD

During times of higher stress, take a minute to plan healthy meals and snacks. Being prepared with healthy food options, like a fruit bowl, will keep you from munching on junk food.

2. EVALUATE HUNGER

Ask yourself, "How hungry am I right now?" before you start to snack or make a meal. You may actually be feeling stressed, anxious, sad, or another emotion that can trigger us to eat. Don't deprive yourself though - eat when you feel hungry so you don't overeat later on.

3. STAY HYDRATED

Sometimes, thirst can feel the same as hunger. If you start to feel hungry, drink a glass of water and wait 15 minutes. If you still feel hungry, it may be time to eat. Aim for half your body weight in ounces of water each day.



4. TRACK FOR SUCCESS

Stress can leave you feeling out of control. One way to feel more in control is to track your health behaviors like food, water, exercise and sleep. This allows you to get a clear view of what is going on throughout the day.

5. SKIP SWEETS

When feeling stressed, your body naturally amps up the desire for sweets. Skip sugary beverages or sweet treats as a way of coping with stress. Snack on fruit or Greek yogurt to satisfy that craving in a healthy way.



6. SLEEP STRESS AWAY

Sleep helps you to balance out stressful feelings and keep eating in control. When you sleep less than 6 hours per night, you naturally crave healthier foods. Aim for 7-8 hours of sleep each night.