

FINDING NEW POSITIVES



Healthy habits our team members started during social distancing—and how you can add them to your routine, too.

While social distancing has meant giving up a lot of the fun things we're used to doing, like going to the movies, parties with friends, and sporting events, we've found that here at Naturally Slim® (NS), many of us have gained quite a few things, too. (And we don't mean pounds!)

Finding good amid challenging times is a secret weapon that can lead to lasting well-being. Check out some positive habits members of our team have developed over the last few weeks, and see if there are any you'd like to try out!



"This month, I've been able to work out more than I ever would with the commute. But it also has provided me an opportunity to have a daily walk with my wife and kiddo."

—Bryan K., *Enterprise Architect*

Walking as little as 5.5 miles per week can improve your heart health and reduce your risk of cardiovascular disease.¹

Try it: Walk at a moderate pace for 15 - 20 minutes every morning or evening. At the end of the week, you'll have logged about 7 miles!



"With no after school practices or games for my boys, I'm really enjoying family dinner every night."

—Sandy S., *Sales Director*

Eating meals with friends and family can help us feel more connected to others and eat more slowly (one of your NS skills).⁵

Try it: Share a meal with those you live with or schedule virtual dinners and FaceTime with loved ones while you eat!



"When I feel stressed, I've been practicing deep breathing, and that has really helped me calm and focus on the present moment."

—Emily Z., *Copywriter*

Deep breathing can lower heart rate and cortisol levels, helping you feel less stressed.⁶

Try it: Find a quiet spot and use our favorite deep breathing technique: the 3-breath practice. (**Here's how.**) You can do this however many times a day you need!



"I've fallen in love with outdoor running again... I'm not fast, but I enjoy the time outside and the time to clear my head before the day starts."

—Emily T., *Chief Financial Officer*

Research shows that exercising outdoors can boost your mood and inspire you to exercise longer.⁴ (Really!)

Try it: Find a bodyweight routine you can do in your backyard or go for a run in your neighborhood.



"I wasn't always consistent about getting to bed early enough to get the 7-7.5 hours of sleep I believe I need—until we started social distancing. No need to stay up."

P.S. I know, I'm old and boring. At least that's what my wife used to say until she started doing the same thing!"

—Dave R., *Sales Director*

Getting 7 to 9 hours of quality sleep each night can help you keep your immune system strong.²

Try it: Try your best to go to bed at the same time every night, and don't consume caffeine after 2 p.m.³

Your turn!

Have you developed any positive habits during social distancing? If so, post about them in NSTown®. By sharing the habits you've developed, you might inspire another NS participant to do the same.

If not, that's perfectly OK. It's never too late to start. Plus, simply waking up and doing your best each day is something to be proud of, especially in ever-changing times like these. (We're certainly proud of you!)

And if there are habits you'd like to carry with you into the new normal, whether you developed them during social distancing or not, make sure to schedule them into your calendar going forward. You don't have to engage in these things each day, but trying to do them each week will help you bring a little more positivity into your life as we navigate this new normal together.

Having trouble finding the positives?
Here's a resource that can help you on your hunt!



Log in to www.naturallyslim.com/login from your smartphone or computer to watch this week's lessons.

Not a Naturally Slim participant?
Visit our blog at www.naturallyslim.com/the-skinny for more tips and resources.