

RESILIENCE IN TIMES OF TURMOIL

Let's admit it. Things aren't exactly easy right now. In fact, this is all a lot to handle. We have to wash our hands every time we touch anything outside our home, sanitize our groceries before bringing them inside, wear masks when we absolutely must venture out into the world, and some of us have even had to become teachers in a very short span of time.

During times like this, when stress levels are as high as they've ever been, it's easy to slip back into unhealthy habits. But finishing an entire bag of cheesy poofs won't lift the social distancing mandate.

Staying healthy in mind and body while surrounded by uncertainty doesn't just happen. It takes intention and commitment.

The first thing to do is accept your situation. We can't always change reality, but we can accept it. The sooner you accept your situation, the sooner you can go about learning how to adapt and make the best of it.

Giving yourself a daily routine during times of uncertainty can help you establish a sense of stability when faced with the unknown. We might be running low on toilet paper, but one thing we have a lot of is time, making now the perfect moment to commit to a new routine!



A few ideas for your new routine:

- 1 Get out of bed before mid-morning.
- 2 Make time for a good stretch session in the AM. It doesn't have to be yoga, but stretching your body before taking on the day can make a big difference in your outlook.
- 3 Before visiting the refrigerator, check in with yourself to make sure you're truly hungry. If not, distract yourself with a walk around the block or by FaceTiming a friend.
- 4 Put on clothes that you wouldn't sleep in. Dressing well for the day can help your brain continue to be productive, even from home!
- 5 Go to bed for the night before midnight. Establishing a routine bedtime is crucial in helping you rise ready for the next day. Plus, proper sleep can help support your immune system.

Another step you can take if you haven't already is to identify what method of self-care works best for you.

Self-care isn't selfish!

It's easy to feel as though taking time and space for yourself is the opposite of helpful, but that's not true. In fact, making sure your own needs are met will help you better meet the needs of those you love. When establishing your routine, ask yourself, "What helps me feel relaxed? What fills my emotional well?"

For some people, self-care means daily exercise. For others, it means a daily call with a friend or family member.

A few ideas you can try:

- 1 Start a new meditation ritual.** Consider trying deep breathing, yoga, or finding a guided meditation app you enjoy.
- 2 Journal.** Getting your thoughts out of your head and onto paper (or a screen!) can help you process whatever you're feeling. Plus, keeping an account of how you feel can help you better understand which self-care activities are working for you and which aren't.
- 3 Light a candle or diffuse some essential oils.** Aromatherapy can significantly alter the vibe in your living space for the better.
- 4 Find a daily form of exercise or physical activity that works for you.** Moving your body daily not only helps strengthen your immune system, it's one of the most important things you can do for your physical and mental health!

Experiment and find a self-care routine that works best for you.



We can't control the world around us.

Turmoil happens, but in meeting it armed with a plan to maintain a routine and practice self-care, you'll feel more confident in your ability to emerge on the other side ready to embrace the world once more.

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