

# MAINTAIN YOUR WELL-BEING IN 3-2-1-BE WELL!

Around the world, we are adapting to new measures being taken to limit the spread of COVID-19. This new, temporary "normal" has disrupted our everyday routine, leaving many upset, anxious and strained - physically, mentally, financially, and socially.

Rather than focus on the *negative* of this pandemic and what we cannot control at this time, we challenge all to shift the focus on the **good** and what **opportunities** lie within these days. Now more than ever we must take care of our well-being-- *here are 7 ways in 3-2-1-BE WELL!*

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## 1 TIME TOGETHER IN THE HOME

Play board games, spring clean the home, organize shelves and closets, gather items to donate, create an at-home DIY project, begin on outdoor yard work, or look through old photos to jog fun memories!

## 2 STAY ACTIVE

This is not only good for your physical health but also your mental health.

Walk, stretch, run, do planks, or take advantage of live-stream/app-based workouts- whatever is best for you to reduce stress & increase endorphins. With the spring weather, get up & move outdoors - just remember to keep your 6-foot distance from others!

## 3 TAKE UP A NEW HOBBY

Try something that you have not had time for or that you are interested in such as cooking, yoga, meditation, or learning a musical instrument.

## 4 FOSTER SOCIAL CONNECTIVITY

Social distancing does not equal social isolation; stay connected with family, friends, and support systems virtually. Lean on technology like FaceTime, Google Hangout, Skype, GoToMeeting, or other video-based options to have virtual get-togethers.

## 5 APPRECIATE WHAT WE MIGHT HAVE TAKEN FOR GRANTED

It is so easy to get lost in the day-to-day business, but now is an opportunity to slow down and appreciate what was so accessible such as gym access, nail/hair salons, spas, sports attractions, dining in at restaurants, large gatherings, and more!



## 6 SLOW DOWN & SMELL THE ROSES

Soak up this time not having your calendar always filled or running from one thing to the next. Take this time to slow down and read a book you have been waiting to dive into.

## 7 ENJOY THE SIMPLE THINGS IN LIFE

Remind yourself of 3 things you are grateful for each day. Enjoy activities that you might have not been present with in the past such as walking your dog or being happy when the sun is shining.

**DON'T FORGET!**

## KEEP YOUR IMMUNE SYSTEM STRONG

Avoid contact with those who are sick, avoid touching your face, eyes, nose & mouth, stay home when you are sick, wash your hands with soap regularly, get enough (or more) sleep, and eat well & keep hydrated.

Call your doctor if you develop emergency warning signs:  
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>