

Wellness Tips

Filter your media intake

Avoid negative content by limiting access to social media and the news

Create structure with a daily routine/schedule

Set wake up alarm, change clothes etc.

Social distance but stay social

Connect with friends and family via Facetime, virtual gatherings and game nights

Go see the sun!

Get some fresh air, open your windows or take a walk around the block

Practice gratitude and compassion

Rather than focus on what's being taken away focus on what you still have or have gained

Go easy on yourself and others

There's no perfect way to cope everyone is doing their best so be kind 😊

Helpful Resources

Mindfulness:

- Headspace app - Free guided meditation
- BetterHelp app - Affordable virtual therapy
- [Virtual Mindset Moment Series](#)
- [6 LinkedIn Courses to Boost Mindfulness](#)
- "Come Back into Being" with @journey.with.jessica on Instagram
- Netflix "Wanna Talk About It"
 - New wellness series on IG live on Thursdays

Fitness:

- Yoga with Adriene on YouTube
- @BoxUnion IG live 35-minute workouts
- Openfit app - free 30-day membership
- MyFitnessPal app - Free workouts and meal tracking
- Nike Training Club app - Access now free