

As we greet each day with new changes and recommendations for taking care of our health it is important to remain proactive. Making healthy choices and surrounding yourself with positivity is key to finding joy and success in your day.

1. It is recommended to maintain a daily schedule. Depending on what your routine was before we were asked to practice social distancing and spend most of our time in our homes it is beneficial to follow a schedule. Whether for yourself or other family members discuss how-to set-in place and keep task that were working before current and or create new ones to provide success for those in your home.

2. Keep sleeping patterns, naps and down time consistent. Sleep is valuable for wellness. Sleep is often neglected; however, sleep is important because it enables the body to repair and be fit and ready for the next day. Getting adequate rest may also help prevent excess weight gain, heart disease, and increased illness duration. (<https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important>)

3. Making healthy food choices can create a positive difference to overall health. With limited access to travel to stores due to the shelter in place regulation its proactive to think about what healthy food items are needed when creating your grocery list. Therefore, when you can make it out to the grocery store you have thought through menu ideas for several days. Having a well-planned grocery list gets you in and out of the store quickly and helps you stick to your healthy eating plan. This also helps with sticking to your budget. Dietitians suggest focusing on vegetables, fruit, lean proteins, and less sugary snacks. (<https://www.webmd.com/food-recipes/guide/grocery-list#1>)

4. Have Fun! Make time in your daily schedule to experience joy. Play a game, watch or listen to a comedy, spend time focusing on a favorite hobby. Laughter can increase oxygen and endorphins, improve your mood, and reduce physical pain.

However, if distress or stress symptoms are escalating or you feel you are not coping, help and professional support is available. Suicide Prevention Network can help if you need to talk! We are in this together! Please call if you have questions or concerns. 775-783-1510 or the 24-7 National Suicide Lifeline 1-800-273-8255 or visit our website

www.spnawareness.org

