

Self-love in the time of coronavirus:

Take a big deep breath. We're going to keep going. We're going to find new ways to be normal, we will share laughs and celebrate joy with our children.

Learning to manage this current state of anxiety and fighting for joy is a fight worth having. In fact, it is more important now than ever. We need to stay calm, to stay present, loving, and open for the benefit of our mental health and the benefit of cultivating even more love for our littles ones.

Create a plan: Create a plan for the day or week that you're in. Ask yourself, what can I do to prepare myself and my family? These are short-term, attainable goals that help your mind process what is and isn't possible at this moment.

Acceptance: Accept that we are in a difficult time, and we won't have all the answers for the foreseeable future. Accept that no one is perfect, and so many of us are trying our best.

Limit: Limit the flow of activating information. We were already inundated with information *before* coronavirus, and now it feels even more urgent. It feels like this is all anyone wants to talk about! While that may be true, for those with anxiety or developing anxiety, this can be overwhelming.

Mindfulness: Mindfulness is such a valuable tool right now. It allows you to balance and smooth out your fight or flight activation. Mindfulness can also be found in smaller, attainable changes. In this context, mindfulness refers not to empty the mind, but to cueing into the moment you're in.

One thing that coronavirus has brought to the surface is how truly dependent we are on each other, for better or worse. Our partners and friends need us to be authentic, which means showcasing both care and worry earnestly. Our kids need us to keep their lives full of honesty and as normal as possible. We need all of that, too, so we fight to stay grateful, calm and loving to ourselves.



Tips on how to avoid going stir crazy while in quarantine:

Take care of yourself: Try to continue doing the things that keep you healthy. Eat well, get enough rest and exercise.

Be playful with your children: Children pick up on our moods. Be playful and silly together. Take a walk together and get some fresh air.

Reach out to people, talk and express how you feel: Anxiety is exacerbated in conditions of uncertainty. Use your social network to connect to people.

Get fresh air: Take a walk, open the windows, sit in your backyard.

Gym Closed? No problem!! Try a few of these suggestions:

- **Stair Stepping:** Find the biggest book or sturdy chair.
- **Jump Rope:** If you do not have one, pretend with your arms like you do.
- **Planks**
- **Cleaning the house**
- **Jumping Jacks:** Bad knees? Step to side instead.
- **Dance**
- **High Knees:** Again, bad knees? Do high marching in place.
- **Lunges:** Use your hallway or do stationary
- **YouTube Workouts:** Great way to find a workout you are looking for Yoga, Pilates, HITT Workouts, Strength Training.



What should you stock up on?

This is an abnormal situation, so it's important to have some essentials to on hand.

- BREAD
- TORTILLAS
- LUNCH MEAT
- CANNED SOUPS
- BROTHS
- APPLESAUSE POUCHES
- GRANOLA BARS
- EGGS
- STRING CHEESE
- TRAIL MIX
- LONG-LIFE VEGGIES & FRUITS
- NUTS & NUT-BUTTER
- WHOLE-GRAINS
- DRY BEANS
- FROZEN SEAFOOD
- COLD & FLU SUPPLIES

Ideas for workouts you can do at home:

Follow Mims Fit on social media for daily workouts. If you do not have hand weights, you can always use a 1-gallon milk container and fill it to the desired weight.

- Facebook
- Instagram
- LinkedIn

Tips and best practices for productivity while working from home.

With the rise of confirmed coronavirus cases, many companies around the world have rolled out a mandatory work-from-home policy. Everyone is taking extreme precautionary measures amid the spread of COVID-19. The good news is, however, shifting to a home-office does not mean compromising your job tasks.

- **Build a Permanent Workspace**
- **Invest in Quality Technology**
- **Set Real Work Hours**
- **Get Comfortable Office Furniture**
- **Discover Your High Productivity Periods**
- **Make To-Do Lists**
- **Use a Planner**
- **Stick to One Task Management App**
- **Don't Start Your Workday in Your PJs**
- **Don't Work in the Living Room**
- **Set a Morning Routine and Stick to It**
- **Exercise & Stretch Regularly**
- **Eat a Healthy Lunch & Snacks**
- **Take Short Breaks**
- **Stay Off of Social Media**
- **Listen to Music**
- **Leave the House**
- **Use Video Chat**
- **Check-In with Co-Workers Frequently**
- **Treat Working from Home Like a Real Job**
- **Keep a Positive Vibe**