

## Top Ten Tips for Health & Wellness Self-Care when You Are at Home

1. **Begin and end each day with prayer and Scripture reading**—you'll start and end the day in supremely excellent company—the Creator of your temple
2. **Establish a routine to follow each day**—if it's similar to your work routine (without the traffic jams!), great—but if it's new, it's still a routine for your body and mind to anticipate and help calm the uncertainty
3. **Put snack foods and soda in the back of the cabinets out of sight & temptation**—or dump them altogether—they'll only make it more difficult for your body to stay healthy—and you won't have to lose later the pounds they've helped you gain now
4. **Incorporate movement into your day**—if you can get out for a 30-minute (or two 15-minute) walks, great!—if you can't get out to the gym but don't have equipment at home, don't overlook your pantry: a gallon of water weighs 8 pounds, a large can of beans, tomatoes, or juice can also add resistance weight to some of your favorite exercises—what's important is that you DO them, even if it's only with your body weight as resistance—it's still *movement* and will help de-stress
5. **Avoid processed foods as much as possible**—beans are delicious, nutritious, and budget-friendly; frozen vegetables and fruit last much longer than fresh (so no need to go to the store); always choose lean, unprocessed meats over processed, cured, or "well-marbled" meats (again, they last well in your freezer); use that cast iron frying pan as a doorstop to let the spring breeze blow in—bake or broil, do not fry
6. **Hydrate!**—water helps EVERYTHING in our body, warm water helps keep the "train" moving, add some lemon and cucumbers to cool water and feel doubly refreshed
7. **Get a good night's sleep**—help your body cope with the stress you may be feeling—de-stressing may help avoid nervous movements like touching your face, scratching your head (see #10)—or even nervous snacking (see #3)—lavender oil is also a help
8. **Unplug for part of the day**—read a real book, do a jigsaw puzzle, clean out that closet (your clothes *could* hang in order of color...just a thought. Welcome to my world!), do breathing exercises or tapping to destress, prep your garden—whatever helps the stress dissipate (so do NOT watch news all day)
9. **Call another friend who's staying at home**—not just text or email—let him or her hear a *real* voice of caring—better yet if they're an elderly shut-in who won't get any visitors during this time, calling may be the bright spot of the day—you're the hero!
10. **Wash. Those. Hands. Now.** Use soap, sing the Happy Birthday song twice, make sure to address your fingernails, dry off with a single-use paper towel (or washable bamboo)—wipe other common surfaces with bleach-type wipes that kill viruses: doorknobs, steering wheels, countertops, cell phones, TV remotes, fridge handles
11. **BONUS! Enjoy family mealtime together**—since you're all at home anyway 😊, talk to each other, put cell phones in a basket in the living room (see #8), turn off the TV news, ask relationship-building questions, pray for friends and family, discuss Scripture verses or the sermon you watched on the video feed last Sunday