Resiliency is defined as our ability to bounce back in difficult circumstances. While you are adjusting to the “new normal,” remember to take time to care for your health, to help you navigate through these challenging times. Don’t stress over what you “should” or can’t do. Instead, focus on what improves the quality of your life.

STAY HEALTHY

While staying at home

**Connect** with others at a local park or schedule a virtual meeting. Get kids involved in cooking, and sit down together for family meals.

**Activity** – you don’t have to be an athlete to be physically active. You can walk, dance, stretch, run up and down the stairs, do yard work, chase your kids or grandkids.

**Relaxation** canhelp reduce muscle tension, improve mood, and lower blood pressure. Try deep breathing, progressive muscle relaxation, guided meditation, or yoga.

**Eating healthy** can strengthen your immune system, improve your energy, concentration, and mood. Choose a variety of fruits and vegetables, whole grains, protein and calcium-rich foods. Consume alcohol, caffeine, sweets and snack foods in moderation.

**Stress management** – Practice relaxation techniques, read a book, start a hobby, learn to play an instrument, surround yourself with inspirational art, listen to music, look at family photos, laugh, get outdoors.

**Sleeping well** is important for immunity, learning, memory, muscle repair and optimal organ function. Try waking up at the same time daily, turn off screens two hours before bedtime, get outside, be active, limit caffeine and alcohol, get checked for a sleep disorder.

Health & Wellbeing

 **Take time for:**

 ∙Connecting

 ∙Activity

 ∙Relaxation

 ∙Eating healthy

 ∙Stress reduction

 ∙Sleep





Paula Sweney-Wagler CHWC, RD, CD

 ArtStart 68 S. Stevens Street Room B9

 P.O. Box 1315 • Rhinelander, WI. 54501 • Phone: 715-367-4609

 Email: contact@NorthwoodsHealthWellnessCoaching.com  [www.NorthwoodsHealthWellnessCoaching.com/](http://www.NorthwoodsHealthWellnessCoaching.com/)