



HOW TO SUPPORT WELLNESS WHILE PHYSICAL DISTANCING

It's normal to feel some stress right now. There is a lot of uncertainty in the world and this can often make one feel anxious or stressed.

However, there are several things you can do to support your own and your family's wellness during these challenging times.

REMEMBER THE FIVE PILLARS OF WELLNESS

NUTRITION: MOVEMENT: MINDSET: SLEEP: COMMUNITY

Managing these pillars of wellness can be challenging even in the best of times. With the government mandate of physical distancing, addressing these pillars can sometimes seem impossible. We have compiled a list of smart phone applications (apps) and online resources to help you strengthen your pillars of wellness while you practice physical distancing.



Nutrition:

- My Fitness Pal App
- Daily Dozen App
- Lifesum App
- Yummly Recipes App

Movement:

- YouTube Yoga with Adriene
- YouTube Strong by Zumba
- 7 Minute Workouts App
- Nike Run Club

Mindset:

- Balance App
- Headspace App
- Mindshift App
- Calm App
- Happify App
- Mindfulness

Sleep:

- Balance App
- Insight Timer App
- Calm App
- Sleep App

Community

- Houseparty App
- Facetime
- Zoom App
- Phone calls
- Instagram/Facebook