Staying healthy while at home

There is more to being healthy than avoiding illness. Taking care of yourself both physically and mentally is incredibly important, now more than ever.

IMPORTANT TO NOTE: If you have a medical condition like high blood pressure, diabetes/high blood sugar, obesity, asthma or other breathing disorders, heart disease or kidney disease, you are at a greater risk of experiencing more serious symptoms if you catch COVID-19.

RWJBarnabas HEALTH

Let's be healthy together.

For more information about COVID-19 visit, **rwjbh.org/covid19**

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Stay calm
Relax and think positive.

Focus on breathing. Take deep breaths in and out.
Pray and/or meditate each day.

Write worries and concerns in a journal.

Take media breaks.
Have family meals with no news or phones at the table.

Connect with friends and family through the phone or internet.
Share your worries with a trusted friend or family member.

Physical Activity
Exercise is good for your body and can help relieve stress.

Walk for 15-minutes or take a short bike ride.

Push-ups, sit-ups, and lunges can be done in small spaces.

Dance along to a few of your favorite songs or look up free dance classes online.

Take the kids or your pet outside for some fresh air and playtime.

Eat healthy
Keep your immune system strong by feeding it with good foods.

Drink plenty of water (9-12 cups daily).

Eat healthy foods like brown rice, yogurt, fruits and vegetables, canned beans or oatmeal.

Many healthy recipes are available online. For more information, visit: **rwjbh.org/blog/categories/healthy-cooking/**