

# Staying Happy and Healthy During Times of Uncertainty...



As our nation continues to feel the effects of the COVID-19 epidemic, it is very normal to feel anxiety surrounding the evolving situation. Many, if not all, Americans have been impacted by this epidemic in one way or another and are likely experiencing increased amounts of stress as a result. While we may not be able to control the current situation and the effect that it is having on our daily lives, we *can* control the way we respond. Below are a few ideas of ways to take advantage of this unexpected break from routine and ways that we can continue routines as well as create new habits to contribute to a healthy lifestyle.

## Get outside!

Take a walk! Take a hike! Take advantage of the beginning of spring by spending time outside. Not only does the fresh air feel good, but research shows that spending time outdoors can promote mental health and stress reduction. <sup>1</sup>: Sourced on 03/26/20

from [https://www.cdc.gov/cancer/skin/basic\\_info/outdoors.htm](https://www.cdc.gov/cancer/skin/basic_info/outdoors.htm)



## Exercise!

Get physical! Exercise is a great way to pass the time and stay in shape. Just because gyms are closed does not mean the movement should stop. There are plenty of at-home workouts that you can do without any equipment. Pick 4 of your favorite exercises and do four sets of 10 repetitions of each exercise. Or, if you want a lower impact exercise, take the dog for a walk or explore the neighborhood.

## Find a hobby!

All of this newfound free time is the perfect opportunity to find a new hobby or revisit old ones that you haven't had time for. Perhaps you have always wanted to try baking—put on your apron and get in the kitchen! How about drawing—grab a sketch pad and get going. The possibilities are endless!

