WELLNESS TIPS

THE RING GYM

During the COVID-19 pandemic, wellness is our top priority! Implement these self-care tips for physical, emotional, and social well-being during these trying times.

1. Prioritize Sleep — Your mood and immune system are counting on it!
2. Stay active and work out regularly - sign up for classes at the Ring Gym today!
3. Try yoga to reduce stress and increase lung health.
4. Play, jump, and get silly - acting like a kid is a mood booster which increases positive neurochemicals and reduces stress.
5. Avoid mindless snacking - eat intuitively and listen to what your body needs instead.
6. Stay hydrated and drink lots of water.
7. Limit caffeine intake for better health in your nervous system, gastrointestinal system, sleep quality - and to reduce stress and anxiety.
8. Enjoy the healing power of baking and spend sweet time with your family.
9. Reach for high-protein snacks when you need an energy boost.
10. Keep stress-busting foods on hand such as tea, avocados, oranges, and dark chocolate.
11. Leave stress-inducing foods in not-so-convienient places, such as caffeine, alcohol, and refined sugars.
12. Whip up a "mocktail" with health-boosting ingredients such as hibiscus tea, sparkling water, and fresh fruits.
13. Practice kindness and gratitude.
14. Engage in positive self-talk.
15. Practice deep breathing.
16. Take a meditation break.
17. Chill out with music.
18. Practice mindful listening.
19. Stand up and stretch.

Source: Everyday Health
(https://www.everydayhealth.com/wellness/top-self-care-tips-for-being-stuck-at-home-during-the-coronavirus-pandemic/)

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20. Call a friend or family member - social connection can do wonders for your mental well-being.
21. Use social media mindfully and intentionally.
22. Reap the health benefits of laughter by watching funny videos.
23. Treat yourself by buying a new outfit online to boost self-esteem.
24. Write down a list of all the things you have overcome in the past to remind yourself of how resilient you are.
25. Figure out what works best for you when it comes to tackling stress.
26. Get your finances in order for more peace of mind.
27. Train your brain to be more resilient, read books about resilience, and be inspired by movies and TV shows about overcoming obstacles.
28. Engage in art therapy and creative activities such as coloring, painting, drawing, knitting to express emotions and tune out distractions.
29. Support a local restaurant by ordering a takeout dish.
30. Try virtual therapy and stress management tools.
31. Try aromatherapy - certain scents have a calming effect.
32. Give yourself an at-home spa day and take a long, relaxing bath.
33. Avoid nonstop news consumption.
34. Declutter a pesky part of your home.
35. Listen to an uplifting podcast.
36. Donate to a cause you believe in.
37. Start or maintain a home garden.
38. Spend time with pets.