

Staying calm and strong during COVID-19

The ideas/recommendations within this article are from Tufts Medical Center

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As the COVID-19 pandemic sweeps the nation, we are faced with uncertain times ahead. Schools are temporarily closed, college students are being sent home early, and most non-essential employees are being urged to work from home for the time being. Though we're already longing for social distancing to end, it's important to remain calm and try to keep a clear head during these trying times. Here are some helpful tips to keep yourself and your family well.

Don't forget to exercise

With many gyms and boutique fitness studios temporarily closing their doors and sports not in session at school, it's important to maintain some sort of exercise team – even in your own home. Staying active will help to give your immune system a boost, and not to mention it's a good activity to pass the time.

- [Peloton](#) is offering new users a 90-day free trial of streamed fitness classes. Users can choose various workouts from yoga to strength training. The best part? Many classes do not require a Peloton bike or treadmill. Some are even appropriate to do with your children if you are looking for an activity for them as well.
- [The Nike Run Club](#) app is a free way for novice or seasoned runners to maintain their miles. And as the weather turns nicer, it's an excuse to get outside for a short period of time (experts say that running outdoors on your own or with a few others at a healthy distance is safe). The app also tracks your distance and helps to ensure you're still getting those daily steps in.
- [Keep it Cleaner](#), an Australian-based program, offers free workouts through their YouTube channel. Users can browse many options ranging from Pilates, yoga, and HIIT workouts, many of which require little to no equipment.

Cook healthy meals (that you otherwise wouldn't have time to make)

Temporary restaurant closures coupled with more time at home may mean we are forced to utilize the kitchen more than usual. Looking on the bright side, we should take advantage of this time, and seek recipes that may otherwise be too time consuming. Slow cookers and instant pots do the hard work for us. If you have one, put it to good use.

Other resources for easy, healthy cooking include:

- Freezer meals to cook now and eat later
- Utilize pantry staples like dry and canned goods
- Take advantage of live cooking classes with your favorite Food Network stars

Be mindful of your mental health

People with and without anxiety are understandably feeling anxious, and witnessing other people worrying can heighten our own. Meditation can help you pass the time, while also effectively managing stress. There are hundreds of meditation apps available in the Android and App Store that can be useful for people of all ages.

- [Insight Timer](#) is the #1 free meditation app, offering guided meditations and talks led by the world's top meditation and mindfulness experts to help calm the mind, reduce stress, and improve happiness.
- [Headspace](#), one of the most popular meditation apps, offers hundreds of guided meditations focusing on everything from managing anxiety and stress, sleep, productivity, and even physical health. (7 day free trial, then \$15/mo).
- [Stop, Breathe & Think](#) is an award-winning meditation and mindfulness app will help you find peace anywhere. It offers 55+ short, guided meditations as well as yoga and acupressure videos. It even offers a version for kids! (Free for foundational meditations, plus two paid membership options ranging from \$10-\$12/mo)