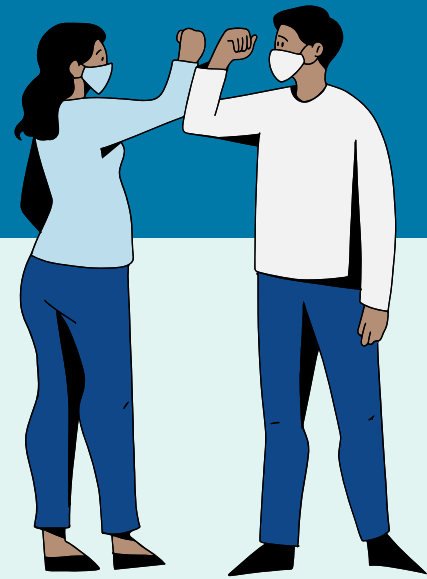


Staying healthy in the COVID-19 new normal

COVID-19 has been hard on all of us in some way. And now we're adjusting to the "new normal." Whether you're trying to work with your kids at home, worried about new variants, or feeling lonely, this new normal can feel stressful at times.

But, we all have the strength to adjust and find our happiness again. This is called resilience.



Here are some ways to build your resilience:

→ Take care of your body

When we feel stress, our body feels it too. Strengthen your body so you can bounce back from stress:



Stay active – exercise helps releases feel-good chemicals from your brain and can also take your mind off your worries



Eat healthy foods and try to eat less fast food and sugar. (Although once a week or so go for that treat that makes you happy!)



Try meditation – it can help us remember that all feelings are temporary. These feelings shall pass.

→ Connect with loved ones

Expressing our feelings helps us see problems in a new way:



Plan a weekly outing with your partner or a friend



Schedule meet-ups in person or through apps

Not feeling safe meeting in-person?

Ask these questions to judge your comfort level:

- Is everyone vaccinated?
- Is it outside or will there be good airflow?
- Is anyone in a high risk group?
- How much COVID-19 is in the community?

→ Connect with your community

When we spend time around others, we remember that we're not alone. Humans are social creatures!



- **Volunteer** or join your neighborhood association or a faith-based community
- **Join community events**, virtually or in-person, such as farmer's markets, walks, runs, or concerts

→ Find purpose

When you do what you love, it reminds you of what you can achieve:

- **Help others** – volunteer or help someone in need
- **Be proactive** – get the help you need or take small steps to meet a goal

→ Think healthy, positive thoughts

- **Take breaks from news headlines** – you'll be surprised how you feel!
- **Accept change** – remind yourself that life is always changing. Try to focus on the things you can control, such as building your own strength so that you can handle the tough parts of life in the future!

Resources:

Find tips for thinking through a range of emotions at cdc.gov/howrightnow/index.html or scan the QR code with your phone's camera



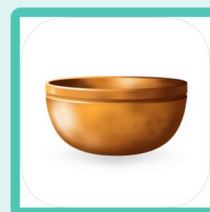
Build your resilience

Focus on building your strength, rather than removing stress altogether, so you can handle what comes your way



Scan the QR codes with your phone to download these apps:

Insight Timer



insighttimer.com/individuals

UCLA Mindful



uclahealth.org/marc/ucla-mindful-app