

Take the time to complete as many boxes as you can over the next couple of weeks.

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| Find your happy place and decompress when feeling overwhelmed | Stand and stretch every hour during your workday | Practice positive self-talk | Re-create a family recipe to make it healthier | Eat until you are 80% full and track using a journal |
| Instead of extra screen time try a board game or fun activity with family | Declutter for 10 minutes per day | You decide! Pick your own initiative | Revisit something that keeps getting put on the back burner | Go for a walk or try a new activity at home |
| Read a new book or take a virtual tour of a museum that interests you | Stay Hydrated: Increase your water intake and track how much you drink | Get the extra 15 minutes of sleep you normally don't | Perform an anonymous act of kindness thinking outside the box | Swap a sugary drink for water |

Additional tips and resources:

7 Tips for Eating Healthy During the Coronavirus Outbreak:

<https://blog.ochsner.org/articles/7-tips-for-eating-healthy-during-a-coronavirus-quarantine>

5 No-Cook Meal Ideas:

<https://www.uhc.com/health-and-wellness/nutrition/no-cook-meal-ideas>

Check out this fun backyard workout you can do as a family:

<https://www.activekids.com/parenting-and-family/articles/quick-backyard-workout-for-the-whole-family>