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## Wellness Resources for Columbus Chamber Members

As we stay inside and work to prevent the spread of COVID-19, we can experience feelings of worry, confusion and even grief. These are normal responses and reactions to the prescribed “social distancing” that has become our new normal. In times like these, it is increasingly more important to practice self-care and to model those behaviors for those in your network.

Some tips to begin today:

- **Develop or maintain healthy eating habits, to keep your body nourished and to boost energy.**

Maintaining our physical health contributes to our mental well-being; and helps boost our body’s immune system. Eat as many fresh foods as possible and remember to drink plenty of water.

- [Making Health and Nutrition a Priority During the Coronavirus \(COVID-19\) Pandemic](#)
- [How to Practice Self-Care During the Coronavirus](#)
- [Tips to Boost our Chances to Stay Healthy](#)

- **Find time every day for meditation or mindfulness.**

Even 15 minutes a day can be beneficial to keeping yourself centered and calm. Dedicate time and space in your home to practice this self-care.

- [How to Meditate: 8 Easy Steps for Beginners](#)
- [Yoga on High](#)
- [Meditation for Anxiety - Yoga with Adriene](#)
- [Manage Anxiety & Stress](#)
- [Care for your Coronavirus Anxiety](#)
- [Behavioral Health Resources](#)
- [Virtual Counseling](#)

- **Stay active, as much as possible, even if limited to indoor movement.**

Whether it is running on a treadmill, or exercising without a home gym, you can find ways to keep your body moving. Like meditation, carve out 15 minutes in your day to physical activity.

- [Our Daily Breathe: Black Belt Eagle Scout's Walk in The Woods](#)

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- [You Can Take Care of Yourself in Coronavirus Quarantine or Isolation, Starting Right Now](#)
- [10 Best Indoor at Home Exercises & Workouts Without Equipment](#)

- **Stay connected to your community and networks.**

Even the term “social distancing” can cause anxiety, as we envision a world where we lose connection to our family, friends and neighbors. Schedule time whether daily or weekly, to touch base with those in your network. Utilizing platforms to engage with others can be a great boost to your mental wellbeing.

- [Zoom](#)
- [Microsoft Teams](#)
- [Go to Meeting](#)
- [Skype](#)
- [5 Tips for Ensuring Your Infrastructure is Remote-Ready](#)

- **Use this time to learn and grow!**

There are many online classes, webinars, podcasts and books to keep you engaged and on the cutting edge of your field. Or, try something totally new to you that can bring a sense of accomplishment and JOY!

- [Columbus State Community College](#)
- [Franklin University](#)
- [Ohio Dominican University](#)
- [The Happiness Lab](#)
- [coursera](#)
- [Columbus Metropolitan Library Job & Career Tools](#)
- [Babbel](#)

Remember to take care of your mind, body and soul!