

HOW TO CARE FOR YOUR PHYSICAL WELL-BEING

DURING A TIME OF UNCERTAINTY



Randall Lewis Center for
Well-Being and Research
University of La Verne



Office of Religious
and Spiritual Life

INTRODUCTION



It is very important to care for our physical health during this time of uncertainty. We want to stay healthy and keep our immune systems strong! We also want to keep ourselves resilient-the way we care for our bodies has direct impacts on our mental and emotional health.

Regular physical activity is important for staying health, specifically, moderate-intensity physical activity has been associated with better immune function. Regular physical activity can also help reduce feelings of stress and anxiety, which many of us may be feeling in the wake of the COVID-19 pandemic. The physical activity guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. These recommendations might not be possible for you under our current social circumstances. What matters is that you get some movement and carve out some time- ideally every day- to move your body.

Nourish your body with food. Eat when you're hungry, stop when you're full, and seek out pleasurable and satisfying foods. Make room in your diet for nutritious foods like fruits and vegetables. This can include frozen fruits and vegetables, which can last longer and extend the need for shopping trips. This is not the time to worry about your weight. We know that this time is stressful and can trigger coping mechanisms like disordered eating. Show yourself compassion and see below for resources to support you.

Get plenty of rest. Because we are spending more time than ever at home and our schedules are less rigid, we may become less attentive to sleeping regular hours. Sleep is critical for our overall health and well-being. Getting the recommended amount of sleep supports your immune system and vital body functions. Most healthy adults needs 7-9 hours of sleep per night.

UNIVERSITY OF LA VERNE RESOURCES



ULV is working to increase our virtual support of your physical health.

You can [sign up here](#) to take unlimited online yoga classes at no cost through United Yoga of San Dimas.

Follow the Lewis Center on Twitter, FaceBook and Instagram @ULVLewisCenter. We will be posting additional fitness tutorials, developed by your fellow Leos!

HELPFUL WEBSITES AND APPS

Physical Activity

At-home workouts and more on the free [Nike Training Club App](#)

Find endless free exercise videos and workouts on YouTube, like [these](#) from our partner United Yoga Studio

Join thousands of other people dancing in their living rooms with the [Sweat Spot](#) (no dance experience required!)



Sleep

[Insight Timer](#) has several free meditations for sleep

Sleep Tricks and Tips from the [National Sleep Foundation](#)

Food and Nutrition

[Food Psych Podcast](#) – A weekly show dedicated to helping you make peace with food and break free from diet culture

[Understand food safety during Coronavirus](#)

[National Eating Disorders Helpline](#)

Learn some new recipes with free cooking apps like [Big Oven](#)

ACTIONABLE TIPS



Bring yourself back to your body with frequent body scans throughout your day.

Begin by bringing your attention into your body. Close your eyes if that's comfortable for you. Take a deep breath. Notice the sensations in your body, moving from head to foot. Do you feel the weight of your body on your chair? Your feet on the floor? Are there areas of your body tingling? Tense? Soften your muscles as you bring attention to them. Continue to breathe deeply and slowly.

What did you notice? What do you need? Get up from your desk and get a little movement.

Make yourself a snack. Drink a glass of water!
You're doing great.

FIND ADDITIONAL RESOURCES AT
WWW.LAVERNE.EDU/STUDENT-AFFAIRS/COVID-19-PHYSICAL-RESOURCES/