

# Healthy at Home

## RESOURCES TO HELP YOU STAY HEALTHY WHILE SOCIAL DISTANCING



### Eating Healthy at Home

Limit the amount of trips you need to take to public spaces, such as grocery stores. Stock up on these [11 foods that you can freeze to maintain your social distancing and save money!](#)

For more specific tips and recipe ideas, check out these:

[Simple Shortcuts to Healthier Eating](#)

[Mindful Eating for Weight Maintenance](#)

[Stovetop Lentil Soup](#)

[One Pan Honey Chicken and Veggies](#)

[30-Minute Hearty Vegetarian Chili](#)

[Power-Packed Smoothie](#)

[Heart Healthy Avocados](#)



### No Gym, No Problem

Maintain your workout routine at home, no equipment necessary. Keep your body healthy and happy while social distancing. Try one (or all) of our workouts below!

[Beginner Body Weight Workout](#)

[Advanced Body Weight Workout](#)

[15-Minute Cardio Home Workout \(No Equipment Needed!\)](#)

[Yoga 101](#)

### Mental and Emotional Health

Decreased social contact and negative news can take a toll on mental and emotional health. Self-care is not selfish. Pay attention to your mental and emotional health and equip yourself to boost your resiliency and be there for others in their times of need.

[Self-Care Isn't Selfish](#)

[Your Wellness Wheel - Balance Is Key](#)

[Positive Stress Management Techniques](#)

[Building Emotional Intelligence](#)

[Ready, Set, Meditate](#)

[Be Here Now: The Benefits of Mindfulness](#)

[Mindfulness Resources](#)



### Working From Home? Check Out These Tips

[Working From Home Productivity Tips](#)