

PORTION CONTROL

Using smaller dinnerware is a good practice to limit the amount one might put on the plate and help to prevent overeating.

Use your hands as serving guides.

- ◆ High-protein foods – use a palm sized portion (meats, fish, poultry, beans).
- ◆ Vegetables – use a fist sized portion.
- ◆ High-carb foods – use a cupped hand to measure your portion (whole grains, starch vegetables).
- ◆ High-fat foods – use your thumb to measure your portion (butter, oil, nuts)

Start your meal with a glass of water up to 30 minutes before your meal. This will make you feel less hungry when it comes time to eat.

Do not eat your snacks directly from the bag or container. Make sure to put your snack of choice onto a plate or in a bowl.

EXERCISE

Although gyms and fitness facilities are currently closed, it is important to remain physically active. There are many ways to stay physically active at home or outside.

- ◆ Try an online workout!
- ◆ Take that walk outside!
- ◆ Go for that hike you have been thinking about!
- ◆ No exercise equipment? Try using cans to replace weights!

Here are some tips to help motivate those at home or outdoor workouts:

- ◆ Challenge yourself to avoid boredom.
- ◆ Schedule your workouts.
- ◆ Journal your exercise whether you have a good or bad day.
- ◆ Make exercise an essential part of your life like sleeping and eating.

PROPER SLEEP HABITS

Stick to a sleep schedule. The recommended amount of sleep for an adult is seven hours and try to go to bed and wake up at the same time every day.

Pay attention to what you are eating and drinking. Going to bed full may keep you up due to discomfort. Also try to avoid sugary or caffeinated drinks before bed. The stimulating effects could interrupt your sleep habits.

Create a restful environment for sleep. Limit screens in the bedroom and try to do a calming activity before going to bed (soothing bath, reading, meditation).

Be more physically active throughout the day. This will help to promote better sleep!

STRESS MANAGEMENT

Exercise is a great way to help to limit stress. Regular exercise is a great way to calm the body and mind! Try to set aside two and a half hours a week for moderately intense exercise.

Ensuring you have a well-balanced diet is a great way to improve your mood! Try not to skip any meals as it can put you in a bad mood which can lead to increased stress!

Make sure you take some time for yourself! Plan your downtime and make time for your hobbies. It is important that you do something that makes you feel good and something that you look forward to!

- ◆ Reading, listening to music, do a puzzle, and knitting are just a couple of examples of some relaxing hobbies!

Laugh! It is important that we keep our sense of humor even during these difficult times. Laughing, whether it is by yourself or with friends/family (virtually right now), plays a major role in helping you feel relaxed.