



## COVID-19: Habits That Nourish Body and Mind

The coronavirus pandemic puts a stress on us collectively and individually, from social isolation to financial strain. As we adapt to the challenges of this reality and disruption to routine, maintaining a healthy lifestyle is key to staying healthy and resilient. Eating well is the foundation of wellness, and choosing nourishing foods every day is fundamental to staying healthy, body and mind.

### 5 Habits That Nourish Body and Mind:

- 1. Cook your heart out:** If you have to stay home, use this precious time to try out healthy new recipes or cook up some old favourites. Turn up the music and have fun getting creative in the kitchen. You'll develop your cooking skills, enjoy yourself doing it, and have a healthy and delicious result. Don't forget to make a double batch and freeze the extra!
- 2. Reconceive comfort food:** Many people consider comfort food and health food to be polar opposites. The trouble with typical comfort foods like ice cream, nachos or candy is that these foods are usually only comforting in the moment and sometimes leave you feeling worse afterward. There is another way to conceive of comfort food: food that makes you feel good in the moment AND after the moment. Feel your best in the long run by enjoying nourishing meals that are as good for you as good tasting.
- 3. Add colour:** Fruits and veggies literally brighten your day! Not only pretty to look at, they are packed with essential nutrients that keep us physically and mentally healthy. Aim for variety of colourful vegetables to get a wide range of those nutrients. If you're grocery shopping less often these days, head to the freezer aisle - frozen fruits and veggies have all the same nutrients as fresh!
- 4. Stick to your system:** If you're working from home, stick to your workday routine. Schedule your lunch and coffee breaks, and make them count by eating away from your computer and even fitting in a short walk outside. Avoid bringing food into your workspace so that you clearly define work time and snack time, and don't inadvertently snack the day away.
- 5. Stay active:** Social distancing doesn't require you to give up activity. In fact, now more than ever, it is critically important to incorporate movement into daily life to stay mentally and physically well. Go for a walk, a run, dance in your living room or do virtual fitness class. Whichever way works for you, boost your morale by busting a move!

Eating well is a fundamental way of practicing self-care and staying proactive about your health. Even in tumultuous times, sticking to your healthy habits will help you stay strong and feel your best, in body and mind.

Your [Employee or Student Assistance Program](#) can help. Aspiria's Nutrition Counselling services provides over-the-phone consultation with a Registered Dietician who can assist you in planning and preparing meals that keep you and your family nourished and feeling comforted during these challenging times.