



FITNESS. PERFORMANCE. LIFE.

WAYS TO MAINTAIN
YOUR WELLNESS DURING
QUARANTINE



YOUR PLACE TO DISCOVER WELLNESS

MENTAL WELLNESS



Calm is an app or webpage to aid meditation and relaxation from your phone or your laptop. Use this app for less stress, better sleep, to reduce anxiety, develop gratefulness, experience happiness, and become more confident!

The Shine app is an app designed to help with stress and anxiety. You can learn new self-care strategies, meditate, listen to bedtime stories, listen to music to change your mood, and do a lot more to cope with anxiety and stress.



The Reflectly app is an app to journal and find happiness. This app allows you to express gratitude, deal with negativity, express positivity, and reflect upon your day. Harvard Business School Professor Francesca states that, "When people have the opportunity to reflect, they experience a boost in self-efficacy. They feel more confident that they can achieve things. As a result, they put more effort into what they're doing and what they learn."

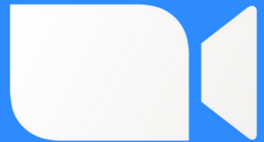
SOCIAL WELLNESS



NP

Netflix Party is a Chrome Extension that allows you to watch Netflix with your friends remotely. As people are advised to stay home during this pandemic, this chrome extension is a great way to socialize and watch movies and television with friends while being in your own homes.

Zoom is a great way to talk and conference with your friends within the comfort of your own home. It is easily accessible and easy to use.



Social Media apps such as Facebook, WhatsApp, Youtube, Instagram, Twitter, Snapchat, Pinterest, LinkedIn, and many more are good ways to keep up to date with you friends and family and also have some entertainment during social distancing.

PHYSICAL WELLNESS



Nike Training Club is an app for working out anywhere and at anytime. The exercises provided are personalized to help you reach your fitness goals. It is your Ultimate Personal Trainer that allows you to get fit with workouts to help your strength and endurance.

Yoga for Beginners is a yoga app that gets you started on your yoga journey. The workouts are made to help you clear your mind with ease.



The 8 fit fitness app does not only provide exercises to fit your needs but also includes meal planners that are custom-made to fit your physical wellness goals. This app is designed to fulfill all your fitness goals and help you live a happy and healthy lifestyle.

WELLNESS BINGO



Wellness During Social Distancing

play boardgames with your family	exercise	say thanks	take a hot bath
facetime your friends	sit outside and relax	cook with your family	eat more veggies and fruits
go on a walk without technology	start a gratitude list	reflect on your day	do yoga
make a priority list	read a book for fun	clean your bedroom or workspace	do a deep breathing exercise