

Boosting Your Immune System

Tips for Employees

In the midst of all the news about COVID-19 it's important to maintain a lifestyle that supports a highly functioning immune system so that you can keep yourself healthy.

Moderate exercise has been shown to support a strong immune system. If you are used to a routine of yoga or other fitness classes, or visiting the gym regularly, you will need to adjust your routine to maintain social distancing. Check in with your favorite instructors to see if they are offering classes online, and mix up your routine by getting your heart rate going while enjoying time in nature.

Sleep hygiene is more important than ever, and with so much information constantly streaming, it can be hard to turn off screens at least an hour before bed. It's crucial to give yourself some downtime before climbing into bed so that your nervous system can shift gears. Journaling your worries and writing down what you are grateful for are two ways to shift gears and let your mind settle.

Gut health plays a big role in the immune system as well as mental health, so you want to do the best you can with your meals. Many stores are offering pick up service, and while making your own meals is often the healthiest choice, take-out can be a good way to support your favorite local restaurants and take a break from cooking. Taking your time when you eat and chewing thoroughly can also support gut health.

Relationships and Spirituality—Giving more time and attention to your meditation practice, or starting one, staying connected to friends and loved ones, (there are so many resources to talk virtually face to face), and keeping a sense of rhythm to your days will all keep your immune system strong.

Take care of yourself and each other.