

Let Self-Care Guide You Into the New Normal

After mere weeks in quarantine, the pre-COVID-19 world already seems like a distant memory. However, as the world prepares to ease out of lockdown, the prospect of re-confronting the world at large is already upon us. This, in turn, brings up a whole new host of questions and worries. Here's how you can hold on to your self-care practices and keep your body and mind healthy in the process.

Self-Care Steps You Can Take

COVID-19 has been a threat to the mind just as much as it is to the body. This is why self-care remains a must—not only to help you keep your wits, but to also get you ready for the world that waits beyond.

- Whether you're in quarantine or already out of it, how [your mornings](#) are spent set a precedent for the rest of your day.
- It's important to carve time out of your day for [meditation](#) and self-reflection.
- Remember that self-care is made up of [the little things](#), so choose to do more of what makes you happy.

Support Your Exercise Habits

Your exercise habits are an indelible part of self-care, regardless if you do it in the safety of your home, or if you start to brave the world beyond as we ease out of lockdown.

- [Virtual exercises](#) at home have exploded in popularity as people sheltered in place, but the fact is, these remain the safest way to exercise even after the lockdown.
- Particularly, those with health conditions like [multiple sclerosis](#) can exercise so much safer at home.
- Of course, you can head outdoors to exercise, as long as you adhere to [social distancing](#).
- Looking into [installing fitness equipment](#) at home may still be more prudent for the time being.

Seek Nourishment Always

Yes, what you consume is a crucial part of self-care. Because of this, it will serve you very well to be mindful of what you eat at all times.

- Choosing [immune-boosting foods](#) is undoubtedly the best way to prepare your body for the world beyond the safety of quarantine.
- Also, consider healthy food items known to [ease depression](#) and anxiety to keep the stress of the new normal at bay.

Thankfully, the COVID-19 pandemic won't last forever. The new normal may still be a largely unknown landscape, but with healthy habits and self-care practices in your toolkit, you're more than ready to navigate it.



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