



Tips for Staying Well While at Home

Whether you're on the front lines or working from home, you need to take care of your mind, body and spirit. Here are some tips for staying well and active during those rare moments to yourself.

1. Stay Connected While Maintaining Distance

- **SOCIAL DISTANCING** does not have to mean **SOCIAL ISOLATION**. You can still venture out to [Grab Some Sunshine and Fresh Air](#) in your own backyard or neighborhood, go for a run or bike ride, or take a walk in a nearby park, as long as you maintain a 6-foot distance from others.
- **Connect virtually** with family, friends and colleagues in short, but frequent, face-to-face interactions using technologies that are right at your fingertips, such as Ohio State's [Carmen Zoom](#) or [Skype for Business](#) to easily set up group meetings with colleagues, family and friends.
- **Learn how to Use Zoom**. Visit [Buckeye Learning Burst](#) for a list of articles on how to set up and manage virtual meetings using Zoom.
- **Find creative ways to connect** using suggestions from best-selling author Gretchen Rubin, named "the queen of the self-help memoir" by the *New York Times*. Visit her website [Be Happier with Gretchen Rubin](#) for insights and tips on how "we may be six feet apart, but we can still reach out with love."

2. Make Your Mental Health a Top Priority

- **Stress less. Move more. Sleep soundly**. Learn how at [Mindfulness for Your Everyday Life](#). Also look for the [Daily STAR Tip](#) of the day from Ohio State's Department of Psychiatry and Behavioral Health's Stress Trauma and Resilience (STAR) Program on the One Source news listing.
- **Discover the restorative benefits** of [Vinyasa Yoga](#) via ZOOM, a holistic mind-body practice combining physical activity with breath-focused mindfulness techniques.
- **Re-ground yourself** in body, mind and spirit during this stressful time in [Virtual Meditation Sessions](#), brought to you by the Gabbe Health & Wellness initiative. Like Yoga, grounding uses sensory awareness and focusing techniques to achieve a state of calm and relaxation. Practice these [Five Simple Grounding Steps](#).

3. Build Physical Activity and Exercise into Your Day

- Read Time Magazine's guide on [How to Stay Physically and Mentally Healthy](#) while social distancing, with expert advice on nutrition, fitness, stress and sleep, as well as balancing your quiet time with responsible social interaction.
- We all know that staying hydrated is important while exercising and working out, but did you know that you should always eat before and after a workout? Find out why and which foods you should eat to [Fuel Up for Exercise](#).
- Adopt Dr. Capers' challenge to "[Drop and Give me 20](#)" push-ups a day to stay fit. Staying inside doesn't mean you can't get them in!

4. Consider Taking Time for Career Reflection

- The [FAME website](#) continues to offer programming for faculty in career development and advancement, mentoring, research funding and grant writing, teaching and leadership, and many other opportunities for growth.
- The FAME weekly e-newsletter, [Faculty Matters](#), offers non-COVID-19 information and news related to faculty development at OSU COM. Highlights include a new FAME Power Hour of upcoming, one-hour ZOOM presentations on current topics of interest and a Spotlight Video of a past FAME event.