



## 3 Ways to Take Care of Yourself if You're Staying Homebound

With children home from school for the summer, parents out of work, and families still uncomfortable with venturing out, stress levels remain at all-time high for many during the COVID-19 pandemic. Not only does that stress create tension at home, it also weakens the body's ability to fight off illness. That's why it's so important to practice self-care during these uncertain times. Here are three top tips for taking care of yourself right now, and 16 extra resources to help point you in the right direction.

## 1. Stay Active

Exercise is one of the best things you can do for your mental health. It's also a great way to occupy your time and keep your mind off the pandemic. These resources will help you create a home workout space and stay active when you don't feel like going out.

Workouts you can do at home

[Check with your local yoga studio to see their schedule of virtual classes.](#)

[Gym closed? Here are some free or discounted workouts to do at home.](#)

[8 at-home workouts to lose weight and build muscle.](#)

[The 10 best YouTube channels for full at-home workouts.](#)

How to equip a home yoga studio gym

[Must-have yoga gear for a home practice.](#)

[Exercise at home with your home fitness equipment.](#)

[This cheap workout gear can help you stay in shape at home](#)

## 2. Eat Well

A balanced diet is the second pillar of good health. However, some groceries still aren't fully stocked, and some people still limit their visits to the store. Here's how you can maintain a healthy diet despite these challenges.

The best ways to get groceries during coronavirus

[Meal delivery services near me.](#)

[How to find the right CSA.](#)

Recipes to help you eat well from your pantry

[Have to cook from home for the first time? Here's what you need to know.](#)

[7 nutritious and healthy recipes using foods you already have in your pantry.](#)

## 3. Make Time for Yourself

For some people, the coronavirus pandemic has brought ample free time. But others have seen their workloads double, either because they're essential workers or they're juggling childcare while working from home. If you're feeling overwhelmed and run down, these ideas will help you recharge.

Simple stress-relief strategies

[6 relaxation techniques to reduce stress.](#)

[Your complete guide to self-massages.](#)

[6 yoga videos that will melt your stubborn stress away.](#)

How to create a quiet space for self-care

[Create a relaxing meditation room at home.](#)

[11 products that will finally bring your home peace and quiet.](#)

It's easy to fall into unhealthy habits when your life has been disrupted by the coronavirus, but failing to practice self-care only makes it harder to get through this crisis in one piece. Instead of passively waiting for a return to normal, use these self-care resources to take your well-being into your own hands.

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