

LOCKDOWN

SELF CARE

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Create a routine.

Our lives fall apart without structure so it's important we create a new one to keep it together. Set an alarm to wake up to every day, allocate specific time for exercise and meals. Set daily goals whether it's chores or work.



Talk to someone everyday.

We are social creatures and we need human contact, whether we want it or not. Without it, eventually, we will feel disconnected, alone and hopeless. Call your friends or make new ones, talk via video chat or to strangers online.



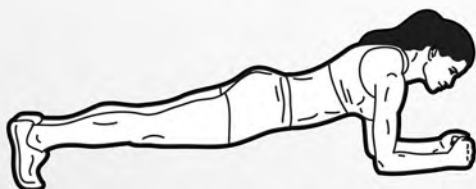
Put on fresh pants.

...And other clothes. What we wear affects how we feel. If we wear the same clothes every day or don't put any effort in our appearance (since no one is watching) we will eventually begin to feel like less of a person. The same goes for shaving and washing your hair.



Meal Plan.

Decide what to eat days in advance. This doesn't just prevent you from making questionable food choices in the moment but removes food anxieties and reduces stress. Write it down and see how you can improve it to boost each meals' nutritional value. Learn how to cook with basic ingredients, if you can.



Exercise, then exercise some more.

Pick a time slot and put in at least 30 minutes of vigorous exercise a day. It'll help your body and mind stay healthy. Find over 1400+ free workouts at darebee.com/workouts if you are pressed for home-friendly exercise ideas.



Hydrate.

Set up an alarm for every two hours to remind you to have a glass of water. It's easy to forget.