

COVID-19 Survival Guide



B R E A T H E

B = Breathe – Benefits of controlled breathing are [well documented](#).

R = Rest – “Staying woke” is exhausting. [Sleep helps your body and mind recuperate](#). Sleep is one of the most effective ways to prepare your body to fight infection. [Research also suggests](#) that sleep helps the immune system remember what it has seen, and increases the effectiveness of vaccines.

E = Eat Well – Avoid keeping unhealthy foods in the house. Eat better. Feel better.

A = Ask for Help – We are all human. Talk to loved ones. Pick up the phone. Visit [NYCWell](#) . cityofnewyork for digital wellness resources and the state’s [Emotional Support Hotline](#).

T = Take Breaks – Unplug. Disconnect. Power down. 5 minutes. An hour. A day. You need it.

H = Humor is Healing – Find opportunities to laugh: Movies, books, high school photos.

E = “Exercise is My Friend” – **This is your new COVID-19 mantra.** Find excuses to move:

- Gyms are livestreaming classes on Zoom and Instagram.
- [“A personal trainer’s 20-minute travel workout”](#) also works at home.
- Not in American Gladiator shape? Small NY apartment? [You can still get in your steps](#).
- I am a big fan of [yoga](#). I call it meditation for the body. However, if you are not quite ready for downward or upward dog, then try [Standing Yoga in Your Office](#), [Chair Yoga for Seniors](#) or other YouTube beginner-friendly classes.

Finally, and once again, remember to **BREATHE** and stay well.