



6 Safe Ways to Boost Your Health and Mood At Home or Outside

Months of pandemic stress can take a toll on your health and well-being. So if you've been feeling less like yourself lately, all of this added tension could be to blame. If you're looking to turn things around and tame some of that tension and anxiety, these small changes could help you look and feel your best:

Commit to a Cleaner Diet

Beauty and health come from within so start by focusing on your diet. If you've been stress eating for the last few months, that's okay, but know that all of those processed foods aren't doing your health or mood any favors. [When you snack on](#) chips, candy and soda, you're more likely to feel anxious and stressed. So start weeding these unhealthy foods out of your diet and replacing them with more nutritious options.

Add Some Supplements

You should aim to get most of your vitamins and nutrients from whole foods, but sometimes that doesn't always work out. If you need a boost, try incorporating supplements into your new health routines. For [healthier skin](#) and joints, try taking a collagen supplement. Collagen is also critical for the health of your hair and nails, so this supplement can provide a boost for your

confidence as well. You can also [try some](#) stress-relieving [supplements](#) to help tame any pandemic tension, but check in with your healthcare provider before you take anything.

Ditch Sedentary Habits

Regular physical activity is essential for overall health and wellness. Unfortunately, lockdown saw many of us sitting and lounging most of the day. While making changes to your diet can give you the energy needed to get moving, other tools can provide motivation. For example, new activewear or running shoes are great motivators, and the same applies to a smartwatch, which not only tracks your progress, but also your heart rate, steps, and blood oxygen, providing real-time updates on how your habits are impacting your health.

Go Outside for a Brisk Walk

With COVID-19 still a major public health risk, exercising at home remains the safest way to get the physical activity you need. Even so, [the benefits](#) of time outside can't be beaten. So if you feel comfortable and can practice social-distancing, consider taking your workouts outdoors for a change. If you're planning on visiting a park or area that is frequented by other people, [play it safe](#) by wearing a mask while you exercise.

Invest in Small Comforts

If you're going to stay inside more these days, there's no reason why you can't be stylish and comfortable at the same time. If you have room in your budget, treat yourself to some luxurious and cozy new loungewear. A [comfy](#) new bra, robe or pair of all-essential leggings will keep you looking and feeling your best no matter what sort of self-isolation plans you have. You can even take some of those new basics for a spin if you decide to exercise or venture outside.

Reduce Anxiety at Home

If your family is bickering and complaining excessively, the state of your home could be to blame. To [promote some positivity](#), you can clean and declutter your home, along with opening your windows and letting more light into your home.

We all need to take better care of ourselves right now. After all, these are stressful and uncertain times, and all of that tension can take a toll on our health and happiness. By making investments in yourself, you're laying the foundation for a stronger you now and beyond the pandemic.

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