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Score Daily Relaxation With These Simple Tips

Remember the good ol' days, when you could run quick errands without a mask and hand sanitizer? With a pandemic suddenly altering even the most mundane activities, it's easy to feel like life is out of control. However, slipping some relaxation into your daily routine can help you decompress and reduce that unsettled sensation. Check out these tips for simple solutions.

Rethink Your Rhythm

Your daily routine may feel a little stale right now. Take a look at how you're structuring your days and weeks, and whether that structure is helpful or could use some tweaking.

- [Making your bed](#) when you get up in the morning can help lower tension.
- If you're caught up in negative thought patterns, focus on the [positives](#) and the here and now.
- Find things to look forward to. The [anticipation](#) can boost your mood.
- Include meditation in your days, as it's loaded with [benefits](#) like reduced stress and better focus.
- Daily [sunshine](#) boosts feel-good chemistry in your brain.
- Daily [exercise](#) promotes mental and physical health, including feeling more relaxed.

- Feeling anxious? Choose [foods](#) that help lower anxiety levels.

Contemplate Your Space

Most of us are spending a lot more time than usual at home. Does that environment encourage your relaxation, or do the opposite?

- [Clutter](#) can contribute to negative feelings, so do some organizing.
- Do you have an area for quiet activities? If not, set up a [calming spot](#) for meditation.
- Similarly, an in-home [gym](#) requires minimal space.
- Make sure you have a [comfortable spot](#) outside to enjoy.

Add Helpful Supports

From carving out a little extra time to just making an action easier, sometimes little additions to our lives can pack a wallop.

- Consider adding the [COVID Coach](#) app to your phone which can help you cope with the stress of the pandemic.
- CBD oil can be a [useful supplement](#) for managing stress, anxiety, and even physical pain.
- Set aside a few moments now and then to enjoy a [relaxing song](#).
- Cooking can be a pleasure, or it can be a chore. The [convenience](#) of a slow cooker can ease your day when it's the latter.

Moving through the pandemic is challenging, but carving out spaces in your day and in your home for self-care will help. Find ways to score daily relaxation and lower your stress levels. Soon enough, this new normal won't feel so strange anymore.