1. **Hydration!** Drinking water has many benefits. It not only rehydrates your body but it also flushes out toxins, improves metabolism, increases brain power and most importantly, boosts your immune system!

2. **Catch some Zzzzz’s!** Sleep is another easy and simple way to boost your immune system. It also increases your energy levels. When you have energy, you are put in better moods, more physically active, have better productivity, improves your memory and lowers the risk of depression. Sleep, smile and stay happy!

3. **If you’re stuck watching a good show, take a lap on commercial breaks.** Getting caught up in a TV series is hard to avoid sometimes. However, a fun tip to help you not feel as guilty about getting stuck on the couch is to get up and take a lap on a commercial break or after each episode! You could also do a set of sit-ups, squats, push-ups, etc. if you do not have a lot of space to walk around.

4. **Relax!** Focusing on relaxation can help lower your heart rate, lower your blood pressure, improve digestion, increase blood flow, increase concentration, and help reduce anger and frustration.

5. **Try something new every day.** Trying something new in such a time where your options seem limited can still make you feel confident and courageous! It is good for mental strength and can still bring you out of your comfort zone. Life is too short to not learn new things!

6. **Try to not inhale your food,** take your time and enjoy every bite. It will help you digest your food better and help your body know when to stop eating so you are not uncomfortably full.

7. **Create a daily goal.** This can help you still maintain a level of control and prioritization in your day. Depending on the type of goal you chose, it can also help you learn how to believe in yourself and maintain self-confidence!

8. **Music makes the world go round!** Listening to happy, positive music in the morning actually reduces stress levels, makes you happier, relaxes blood vessels and increases your mental focus. No one’s watching, do a little dance while you brush your teeth!

9. **Focus on your posture.** Sitting up straight has a much bigger influence on your health than you would think. Not only does it keep your joints and bones in alignment but it helps prevent fatigue, muscular pain and backache. It can contribute to a good appearance and also decrease stress on your ligaments.

10. **Focus on you!** Take this time to learn even more about yourself. Do the things you have always wanted to do but never had time. Say no to things you do not enjoy doing. Enjoy this break from the hustle and bustle and take care of your body and mind in the simple ways we tend to forget. Smile, stay positive and do you!