Having a hard time balancing responsibilities of work & home?

Take a break! Don't stress out even when being loaded with unending emails & phone calls. Relax & refresh, spend quality family time, self care & if possible start cultivating a new habit to boost your mental health.

Having a lazy afternoon?

May be you are dehydrated! Dehydration is the main reason for your sleepiness. So make sure you consume at least 7-8 glasses per day.

No control over food?

Staying indoors & having easy access to your kitchen? You might tend to eat more even when you are not hungry. Manage your food intake by taking care of your portion sizes (Portion Size: Amount of Food X Frequency of Consumption). Do not skip meals!

Stay happy – catch the sunshine!

As you are indoors, getting vitamin D from sunshine may not be easy, so, keep your vitamin D levels adequate through food sources such as egg, fortified milk & fatty fish, etc.

Be Physically Active!

Along with right nutrition, slot in 30-40 minutes of light exercises or yoga into your daily routine.

Gear up your immunity!

Include immunonutrients like vitamin C, Vitamin E, selenium, iron, zinc, vitamin A etc., from food sources such as lime, orange, amla, whole grains, nuts & oil seeds.

#STAYHOME #STAYSAFE #STAYHEALTHY