Try These Tips for Feeling Your Best Despite the Pandemic

By Cheryl Conklin

Staying at home can take a toll on people in many ways. From skipping regular exercise to feeling closed off from loved ones, the quarantine may have caused you to feel out of sorts. As restrictions are lifted, though, there are many ways you can boost your spirits, feel better, and even look your best.

Reconnecting with your faith through services at the [Cathedral of the Immaculate Conception](#) is one way to help restore normalcy. Here are more tips for revitalizing your mind, body, and spirit.

Connect with Others

Seeing friends and family may not have been an option until recently. But social connection is crucial for your health and wellbeing. Being around [other people](#) and sharing your thoughts can get you out of a funk and improve your perspective on current events.

From using social media and technology to visit with loved ones to meeting in small groups, you have options when it comes to post-COVID gatherings. Plus, [getting involved](#) with your church is an excellent way to help others while giving yourself a boost. Volunteering or offering a helping hand feels good and might just make someone else's day, too.

Update Your Wardrobe

Plenty of people have stayed home wearing sweatpants and comfortable t-shirts throughout quarantine. If you're feeling a little down about continued restrictions or you want to feel more confident when you go out, think about buying new clothes.

Caring for your body by updating your closet can help you feel ready to tackle challenges as you venture out. Even a new pair of pajamas, comfortable leggings, or stylish [shirts for pregnancy](#) and nursing can add enjoyment to your wardrobe.

And, if you're heading to the gym or outdoors, consider choosing workout gear to support your goals. As Harper's Bazaar confirms, the [right clothes](#) can reduce your risk of injury, inspire you to push harder during your workout, and help you feel more confident.

Overhaul Your Eating Patterns

For those who have overdone it on snacks during the shutdown, it's time for a change. Start caring for your body from the inside out by overhauling your dietary habits. Using a meal or grocery delivery service helps you access healthier food without the risk of heading to the supermarket. Food deliveries can also include light or low-calorie meals that help you meet your nutrition goals. Keep pricing in mind, but also look at meal kit reviews to [get an idea](#) of what to expect. Ease of use is another factor that affects how likely you are to stick with a new meal plan.

Upgrade Your Daily Habits

Though buying new clothes and ordering healthier food deliveries can help, feeling and looking your best takes real commitment. One way to achieve positive change is by adopting healthy routines and making them habits. Swapping soda for water, for example, is a [healthful change](#) that has countless benefits – if you manage to stick with it.

Other positive habits, like going to bed a bit earlier or working on improving your posture, can take time to hone as well. Experts concede that it can take anywhere from two months to nearly a year to enforce a new habit, notes Healthline, but if you [start now](#), you're already ahead of the game.

Embrace Prayer (and Positive Thinking)

Feeling better about your appearance, health, and anything else in life often starts within. So, positive thinking, coupled with meaningful prayer, can help you begin overhauling negative thoughts and feelings.

Studies have shown that regular [spiritual practice](#) can help protect your mental health. Of course, it takes a strong relationship with God to achieve positive results. Relying on your faith and trusting in God is always beneficial, and spirituality can carry you through even the most troubling periods.

Of course, if you find yourself needing fellowship during these tough times, contact or stop by the [Cathedral of the Immaculate Conception](#). With weekday masses and reconciliation, you can refresh your spirit, rejuvenate your outlook, and socialize at the same time.

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