

The Importance of Being Your Best Self in the New Normal

If you've spent the last few months in lockdown, you may be equally excited and nervous about restrictions being lifted. This is especially true if you suffered losses during the pandemic like so many others. At [Survivor Resources](#), we provide the tools to help you navigate through the grief. But beyond that, you can also work at achieving your best self as we ease into the new normal. Consider the following foolproof strategies.

Maintain healthy habits.

Good health is your most effective weapon against the continued threat of COVID-19. Whether you plan on rejoining the world or staying home, you need both your body and mind to remain at their healthiest to avoid or fight infection.

Making healthy food choices ensures that your body always receives the right nutrients. In turn, [good nutrition](#) gives your immune system the much-needed boost it needs to reduce your risk of disease. Moreover, it helps you manage your weight, gives you energy, and delays aging.

Interestingly, even your mental health benefits when you maintain a healthy diet. In fact, Foodies Today notes food items like walnuts, yogurt, fatty fish, and dark berries (to name a few) are proven to [alleviate](#) depression, making them great additions to your diet. And with adequate nutrition, you may even notice an increase in your focus and a number of positive effects to your overall mood.

Don't forget that overall health is best achieved with regular exercise, too. Whether you were able to stay active during isolation or still just looking to start, there's no question on the importance of moving your body regularly. Exercise will do wonders for your body, yes, but you can be sure that [your mental health](#) will be all the better for it, too.

Give your wardrobe an update.

Clothes may not make a person, but you'll find that sprucing up your wardrobe will do wonders for your confidence in the new normal—not to mention, your peace of mind. Focus on adding key pieces to your wardrobe that are functional and comfortable, but also appeal to your personal style. Neutral-colored wardrobe staples are always a good buy as you can be sure to get plenty of mileage out of them, as are underwear. Case in point, bras should be [easy to wear](#) and comfortable enough for long wears, so consider choosing ones that are underwire-free in a neutral color like black.

The ubiquitous face mask is one garment that is here to stay for a while yet, so this is definitely something that deserves a great deal of thought, especially as you go out more and more. NBC News notes medical experts do have some excellent recommendations on how to [buy face masks](#), including the best fabrics and filters. There are even [stylish face masks](#) available that

can elevate your new normal look, so you not only boost your confidence, but also your peace of mind in the process.

Honor your needs.

Lastly, don't lose sight of the fact that it's still a very sensitive time, so do be kind to yourself and acknowledge what both your mind and body needs. Perhaps you find yourself more easily stressed out because of current events, so devote some time for self-care so you can relax and decompress. You can also check out our [articles](#) and [events](#) if you find yourself in need of support.

Yes, the pandemic has not been kind, especially to those who grieve. But you can choose to take your power back by facing the world anew as your best and most authentic self. Ultimately, working on looking and feeling your best is the safest place to start, so trust that only great things can come from that.



Image URL: <https://www.pexels.com/photo/woman-wearing-face-mask-3962217/>

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