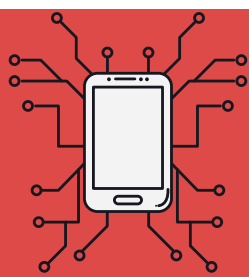


SYSTWEAK RECOMMENDS HOW TO

Make Your lockdown happy

HERE ARE 5 R'S TO COMBAT STRESS & ANXIETY DURING PANDEMIC



THANKS TO TECHNOLOGY FOR MAKING IT EASIER

1.) REGULAR EXERCISE

A 20-30 minutes of workout everyday is healthy for body, heart and mind. Take help of a good workout app on phone or switch yourself to online classes where well-trained instructors guide you.



2.) REJUVENATION

Indulge in breathing exercises, meditation or listen to some calm podcasts to rejuvenate yourself using various apps that guide you throughout. Settle yourself in fresh air in balcony, terrace or garden before.

3.) RECONNECT WITH LOVED ONES

If you think you are bored at home, you are not alone! Your long lost friends or office colleagues are also feeling the same, So, use your phone or computer system and connect with them through live chats or video apps.



4.) REFINE SCREEN TIME

Spend your screen time watching positive news, happy movies and feel-good series. Your screen time connects to your positivity so watch positive only.

Moreover, take optimum breaks from screen, wash your eyes and stretch yourself.

5.) RESILIENCE BUILDING

It is important to stay positive and productive at the same time. While embracing yourself and your surroundings, keep planning your goals and learn something new.



STAY SAFE AND HAPPIEST