

We hope you have been enjoying our Stay Well tips and sharing the information and resources with your family and friends. We've included a few more below.

We want to hear from you! If you have any feedback or comments, please send to healthycampus@ucr.edu.

Resources for You and Your Family

Fitness Hacks

Looking for ways to [work out without fitness equipment](#)? Consider using duffle bags, chairs, paper plates, etc. There are ways to keep up with your strength training program outside the gym. It just might take some creativity!

Mindfulness

Finding calm and connection during COVID: View the [video series](#) hosted by Professor Dacher Keltner, Faculty Director of UC Berkeley's Greater Good Science Center.

How to Store Fruit and Vegetables to Make Them Last Longer

Minimizing trips to the grocery store doesn't mean you have to skimp on fresh produce. There are [ways to store produce](#) to make them last longer!

Sunlight

Social Isolation can include getting outside and beneficial for fresh air and sunshine, as well as a change of scenery. When natural sunlight hits the skin it triggers the body's production of vitamin D. Vitamin D is also known as "the sunshine vitamin." It is a crucial ingredient for overall health; protects against inflammation, lowers high blood pressure, helps muscles, improves brain function and may even protect against cancer.

Boost Your Happiness While at Home

Sonja Lyubomirsky, Distinguished Professor & Vice Chair of Psychology, offers suggestions on [how to hold on to happiness as your world collapses](#) and [10 positivity boosting tips](#).

We hope you find these tips and resources helpful. [UCR Healthy Campus](#) and the [Faculty/Staff Wellness Program](#) remains committed to the health and well-being of the campus community.

If you have any questions or would like more information, feel free to reach out to healthycampus@ucr.edu or wellness@ucr.edu.

Stay safe and healthy!