



# Wellness Anywhere



## UNITED WE MOVE

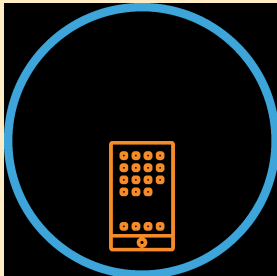
### NEW! United We Move

Join WorkWell NYC for **United We Move** – a two-week step challenge to help City employees move together even while we are apart!

**United We Move** is designed to help City employees encourage and inspire each other to stay physically active and keep moving during this time. No pressure, just motivation, movement, and fun!

[Register Here](#) | [Challenge FAQs](#)

## Resource Center



## WEEKLY ROUND-UP



### WorkWell NYC *Digital*

We've gone digital! Come join us for yoga, meditation, Zumba, and more. Classes are available from sunrise to sunset to help you manage stress and stay active during this time. There's something for everyone!

[View Schedule](#)

## Be Well - Talk It Out

Talk about your problems, even if they won't be solved.



Talking about your stressors releases hormones in your body that reduce the negative feelings associated with stress. Ask someone from your circle to be your support buddy. Time spent talking with friends and loved ones is valuable, even when you have a lot on your plate.

*"You are braver than you believe, stronger than you seem, smarter than you think, and twice as beautiful as you ever imagined." - Dr. Seuss*

## Join the Gratitude Challenge



During times of uncertainty and chaos, it's important to take a moment to remember what we are grateful for. Showing gratitude, even if it's for something small, can help keep us grounded and present.

Join us on Instagram [@workwellnyc](https://www.instagram.com/workwellnyc) for weekly posts and reminders.

## Move More - Forming a New Routine



Finding motivation to exercise daily activity can be challenging, but there are ways to make moving more a part of your new routine. Regular exercise can boost your immune system and help reduce stress.

[Here are some strategies](#) to help you form a new movement routine!

## Eat Well - What's In Your Pantry



Join us for an interactive webinar about how to eat well during this unique time.

- Not sure what to make for dinner with food you already have?
- Trying to stretch the items in your refrigerator?
- Need suggestions on how to eat healthy to stay well?

Tuesday, April 14th | 1:00pm

[Register here](#)

## Take Action - When to Seek Care



If you are feeling sick, the best thing to do is stay home and rest. If you do not feel better after 3-4 days, reach out to your health care provider or call 311 if you do not have a health care provider.

You can also use the [CDC Coronavirus Self-Checker](#) to help you decide when to seek medical care. It will guide you through questions about your personal health and symptoms. Pro tip: bookmark the link now so you can find it when you need it! You may also want to share it with your friends and family so everyone can stay empowered and informed.

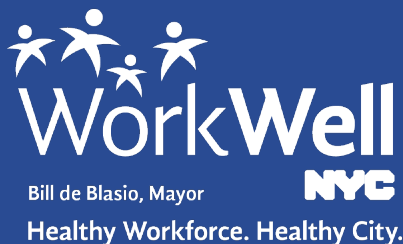
For more information about coronavirus, visit [nyc.gov/coronavirus](https://nyc.gov/coronavirus).

## JOIN THE CONVERSATION



And don't forget to join our Slack channels to connect with fellow City employees on staying well during this time.

- [Be Well](#)
- [Eat Well](#)
- [Move More](#)



**Follow us on Instagram!**  
[@workwellnyc](#)