

Be Well Bulletin

MAY 2020

As we navigate another month of physical distancing, Tysons Ecommute is here for you. Our team understands staying physically safe and well under these circumstances comes with many challenges and staying connected is needed now more than ever. In this edition of our Be Well Bulletin, you will find a range of activities to take advantage of while home during the current pandemic.

As always, our goal is to help you stay connected to the world around you while under Stay at Home Orders and physical distancing. Stay tuned to our [Stay Connected page](#) for up to date information, fun contests, and giveaways.



– THINGS TO DO AT HOME –

If You Feel Like Cooking

With more time on our hands, now is the perfect time to brush up on cooking skills, while also learning some new ones. Interested in learning how to make a delicious [homemade pizza](#)? What about easy [chocolate chip cookies](#)? Or taking an Instagram live [cooking class from The Culinistas](#)?

Your options are endless! Explore pantry-based, freezer-friendly recipes on [allrecipes](#) website.



If Your Mind Needs a Boost

Let's face it—we all need to press the pause button on our minds at times. And right now, many of us need a mental reset more than ever. Regular meditation can help lessen the strain of working and living at home by supporting your mental health and reducing feelings of anxiety.

The [Honest Guys on YouTube](#) have a variety of free meditation videos that might be just what you need right now.



If You Miss Your Gym

Turn your living room into your temporary gym! [Classpass](#) recently released 4,000 complimentary fitness videos and audio workout tutorials. The sessions include yoga, HIIT workouts, strength training, barre, and so much more. All you have to do to access the complimentary classes is sign up on the [Classpass website](#) or download the app in the [App Store](#) or [Google Play store](#).



If You Want to Stay Connected

Whether you're surrounded by family, live with a roommate or significant other, or are living alone during the pandemic, loneliness can get the best of all of us. Luckily, with the digital nature of our world, we can still connect with friends and family no matter how far away they may physically be.

Netflix has rolled out a new feature, [Netflix Party](#), that allows you to still have a movie night with your loved ones from separate spaces. [Netflix Party](#) synchronizes video playback and adds a group chat to your digital movie party, so you can still binge-watch your new favorite shows with your best friends.

