

How to Make the Most of Self-isolation For Your Health

At MenoLabs, our priority is your health and well-being. Still, we realize that our help can only go so far, especially in uncertain times. Recent events surrounding the new virus COVID-19 have caused a shift in our nation's confidence and sense of safety. More than ever, it is incumbent upon us as citizens to take the necessary precautionary measures to keep our loved ones and ourselves in good health.

These measures include self-isolation and healthy practices at home.

For many women, your everyday life can consist of caring for your family, your day job, being an active part of your community when you get the chance, and also the adjustment to menopause. Now that your schedule has temporarily been adjusted, now is the time perfect for focusing on yourself and your health a little bit more. You may not be able to do some things you enjoyed before. Still, there is plenty to help you through this time of self-isolation to keep your immune health, mental health, and physical health in top shape.

Implement daily exercises from home

Exercise is not just reserved for a public gym, swimming pool, or tennis court even. Moving your body in your living room or garage will work just fine. Make sure to exercise 3 times a day for about 10 minutes to stay healthy and maintain a good routine that will help make significant impacts on your health.

Try yoga using online resources and apps, online pilates classes, and even check out YouTube fitness instructors for amazing cardio and weight ideas. Also, try doing all of these things in your backyard for some added sunshine and fresh air. There is plenty to do to help boost your metabolism and get you moving.

As women going through menopause, you have to understand that exercise is essential in boosting your immunity at a time when your estrogen levels are depleting significantly. So, along with your workouts, be sure to maintain a healthy diet and incorporate quality probiotics to help your gut health and immunity, as well as navigating through the menopausal transition.

Healthier meal options

Are you wanting healthier options instead of resorting to take out and your regular go-to options every week? Are you looking for healthier alternatives to your daily meals and want to experiment while you have the time? Make some meals that will help keep your immunity and health in check, while also helping with your weight loss goals and menopausal symptoms.

Try experimenting with new flavors with new spices or combining a few together. Browse online resources for healthy meal options, healthy alternatives to regular dishes you know and love, or even use a cookbook you already have laying around and see how you can make it a healthier version for you and your family. At this time, we may have fewer items to work with, but in today's day in age, you would be surprised at what you can make with the tools and ingredients you already have at home.

Just remember to try to use whole ingredients and lots of fruits and veggies if you can.

Probiotics

As part of our probiotic blends, we've included additional ingredients to help provide more than just menopausal relief. Our probiotic supplements also contain ingredients that can help support immune health like Vitamin C, Zinc, Vitamin D3, and much more.

Keeping your menopausal symptoms in check could help you better identify other health issues you may experience during this time of increased isolation. Use this time to become more in tune with your body and listen to what it is telling you.

Try looking for patterns in your life that may be triggering or even adding to your symptoms. If you can, try to log your symptoms as well. This will give you proper documentation for your doctor when you schedule future appointments. And always remember your gut microbiome affects the health of your body and the potential to help significantly with symptoms, so be sure to take probiotics every day for an increased boost in immunity and health during this time.

Clean up your space

One huge trigger to stress is an unkempt home or space. Psychologists have proven that stress increases and focus decreases in a messy environment. Now that you will be spending a lot of your time in your home, this is the perfect time to tidy up for your sanity and mental health.

It is known that when cortisol (the stress hormone) levels rise, it can compromise your immunity significantly. Although it can be hard to keep stress levels down during this time of uncertainty and navigating through menopause, stress isn't something you should be feeling in high amounts, especially in the comfort of your home.

Take some time to relax and set aside a few minutes out of every day to do some light clean up around the house and keep your home in ship-shape. Have your family help to take the pressure off of you so you can focus more time on your health and managing your symptoms of menopause as well.

Try new hobbies

Have you ever wanted to pick up a new hobby? Have an interest in painting? Do you want to learn a new language? Do you have a green thumb and want to fix your garden or grow some herbs for your cooking? Try something new to keep your mind clear and reduce your stress levels. Stress can wreak havoc on your immunity and can trigger some unwanted menopausal symptoms, so be sure to tune out the world around you for a few hours and give yourself some TLC.

Self-improvement can come in the most unexpected ways, and it's never too late to learn something new. There are plenty of online resources to check out for free ways to learn something new or to improve on something you are already familiar with. You can also learn a lot from virtual museum tours and watching fine art to broaden your mind.

You have the time now to expand your mind, improve your skills, and maybe learn something new along the way. Lower your stress levels and take time to do the things you want to do for fun. Menopause is already hard enough to maneuver around, and being isolated in your home doesn't make it any better. Relaxing hobbies can make your experience just a little bit better.

Appreciate literature

Time alone can often be refreshing, especially as women who rarely get the slightest bit of time by themselves between family, relationships, and even work.

What better way to spend some time alone than with a good book? Use this time to crack open a book you've been wanting to read, revisit an old favorite, or discover something new. Give your mind a break and let your imagination run wild and free in a good piece of literature.

If reading isn't for you, try writing stories of your own, writing a blog, or starting a journal. Reading and writing can be therapeutic, especially when dealing with menopause and the stress of the real world. Anything that helps with relaxation will be ideal for keeping your health and immunity in top condition.

Unplug yourself

During this time, we all can't help but to stay glued to our phones, tablets, and our computers and watching the news unfold by the day. While we are glued, we also receive text messages, social media alerts, email notifications, and more noise that comes from our digital world. For your sanity and best interest, it is wise to unplug for a few hours and focus your mind on something that will help you relax and unwind.

Break out the board games and play a few rounds. Monopoly, Life, and Clue are just a few party games you can enjoy at the dinner table with the family. Share your favorite games with your kids and enjoy some quality bonding time. Read a book, or do some organizing, maybe you'll uncover some treasured memories while doing so? Even look through some family photo albums and reminisce. It's okay and encouraged to take a break from screen time, just remember to check in on family and friends and still keep informed.

Cortisol (the stress hormone) is a significant culprit in a compromised immune system. Keep your stress levels low, and put your health first. Women in menopause should do all they can to maintain low cortisol levels as their estrogen decreases. Relaxation time with your family or time alone can provide the stress-free environment you need to keep your health in great shape.