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NYC Lifestyle

Health & Wellness

Prioritizing overall wellness is one of the best trends to come out of this past year. Are you wondering where to start on your wellness journey? We've put together a list of activities to support your wellness intentions, from maintaining your mental health to starting an at-home exercise program, as well as tips on how to organize your space and practice better sleeping habits.

Refresh Your Fitness Routine

Looking to refresh your at-home fitness routine? [Check out this list from TimeOut New York](#) which includes local spots like Sputnik Yoga for donation-based classes, the Planet Fitness App for customized training sessions and more.

Try a Juice Cleanse

Complete your health and wellness journey from the inside out with Juice From The Raw. The NYC-based company is now offering cleanse packages for up to 60% off. If you're curious about starting a juice cleanse or are just interested in enjoying crisp, cold-pressed blends, [this offer is perfect for you.](#)

Download a Meditation App

Meditation is a great way to unwind, manage stress, and improve brain health. Whether you're an expert or a beginner, there's an app out there for everyone. [Check out this list of the best meditation apps of 2021](#) and get your Zen on!

NYC Well

Now more than ever it's important to take care of your mental health. New York City now offers free mental health support from the comfort of your own home. [Visit NYC Well](#) to find apps and other online tools to help you manage and uplift your mental health.



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Spa Day at Home

Take your self-care to the next level by treating yourself to an at-home spa day. Grab your robe and some candles, find a comfy place on the couch and try out [these DIY spa ideas](#) for some well-deserved R&R.

Read-up on Self Care

It's prime time to infuse your home library with books that help you make personal time for yourself. The Oprah Magazine's [20 favorite self-care books](#) include uplifting reads from top psychologists, celebrities, best-selling authors and life coaches.

People to Follow

It's easy to get lost in a social media whirlwind. Try refreshing your feed with [these positive influencers](#) who dedicate their time to promoting body positivity, comedy as medicine and candid conversations about mental health.

Start a Journal

Journaling has been shown to improve sleep, increase the flow of happiness-boosting chemicals in the brain and promote emotional wellness. Try incorporating journaling into your daily routine with [these tips from Very Well Mind](#). The first step is finding a routine that best fits your personality.