

Keep the Doctor Away

Exercise - Walking (5,000 Steps?)

Volunteering

Alone Time

Self Control on sweets

Hand Sanitizer

Wipes for Shopping carts

Balance Life

Bible Time

Journal Daily

Time with Other Believers

Vitamins - zinc, C, D, Magnesium

Apple Cider Vinegar

Try to eat clean

Learn about Gut Health

Slow Down

Get outside

Sleep