



## Kurbo Work From Home Toolkit #3

Health and wellness are essential components to a happy and healthy life. With the changes in our routines, now more than ever, we need to support each other on the wellness journey.

Below you will find Kurbo resources to help uplift and encourage you and your employees during these times of change.

### What's included:

#### **Article 1: [Tips for a Spring Refresh](#)**

Spring is a great time to take inventory of where we are in our health journey, and refresh our commitment to a lifestyle that supports wellness. Here are some ways we can use this spring as an opportunity for a refresh.

#### **Article 2: [Steps to Reduce Stress Eating](#)**

It's not uncommon to turn to food for comfort during times of stress. In fact, science shows that there are natural reasons why some of us are emotional eaters. Let's look at ways you can feed your emotions without sabotaging your physical health.

#### **Article 3: [Family Outdoor Activities](#)**

If you are like me, it seems to be getting harder and harder to motivate my family to get outside, despite the warming weather. Here are some ideas to help re-inspire your family to get outside and enjoy some fresh air and Vitamin D.

#### **Article 4: [Too Much Junk Food in the House?](#)**

Here are some tips for how to set yourself up for success with proven techniques to manage your food environment right now.

#### **Article 5: [5 Actually Delicious Freezer Meals](#)**

Make-ahead freezer meals are a great way to save on time and keep you on track for a healthy meal. Not all meals are freezer friendly, so here are some Kurbo tips to help! Chilis, soups, stews, casseroles, stir-fries and pasta bakes are great choices because these meals won't dry out easily when reheated. Here are 5 actually delicious freezer meals that you can make using common fridge and pantry staples.