

Stay Happy and Healthy During the Pandemic

FEDERAL WAY, WA, UNITED STATES, October 13, 2020 /EINPresswire.com/ -- SunnyBay, a trusted maker of effective pain relief products, announced the availability of all offerings during Amazon's Prime Day period. Due to the pandemic, online shopping for personal health products has surged. Logistics challenges across the country resulted in many out-of-stock items. SunnyBay acted early and ensured a smooth process for customers.

"Many people need health-related products to address the discomfort caused by stay-at-home restrictions and constant remote work," explained Sam Wright, CEO of Sunny Bay. "Our products are made of high-quality materials and we ship them as fast as possible to keep up with demand." These products offer pain and stress relief and allow people to relax and be happy.



SunnyBay heating pads for effective pain relief

Microwavable heating wraps for lower back pain relief. These heat wraps can help relieve shoulder joint pain associated with rotator cuff injury.

Cotton Heat Wraps for Pain Relief

Even before the pandemic, Americans have been working stressful jobs. In fact, according to the National Institute for Occupation Safety and Health, 40% of workers across the nation say their job is very or extremely stressful. Working from home while taking care of families adds extra stress to this already difficult condition.

No matter the cause of stress, know that your stressful job doesn't have to take a negative toll on your everyday life. Luckily enough, there are some things you can do to manage your workplace stress — after all, staying healthy doesn't just end the moment you start your workday.

Here are some of the best ways to stay healthy and comfortable while working from home or at the office.

Pack your lunch

We have all fallen into that trap of ordering food into the office for lunch. These food choices tend to be unhealthy and full of fat, sugar, and salt, which can just make you feel even worse. Skip the temptation altogether and prepare your meals in advance every Sunday, so you'll have no excuse not to pack a healthy lunch that will give you energy for the rest of the day.

Keep healthy snacks to nibble on at your desk

Again, it can be all too easy to snack on unhealthy foods during that 3 p.m slump. Simply keep healthy snacks at your desk, such as fruit, granola bars, and nuts, to give you a dose of healthy sugar and protein to feel energized again.

Ease muscle tension with heat therapy

Crouching and slumping over a laptop can wreak havoc on your shoulders, arms, and neck. To ease this pain but not hamper your productivity, invest in a microwavable shoulder heat wrap you can pop on while typing. This way, you'll be calm and refreshed for the rest of the day.

Get up and walk

Sitting all day is one of the worst things you can do for your body. While it can be hard to be conscious of your movement when you are in the middle of work, try to get up and stretch once an hour or so. Moving your body will get the blood flowing and make you feel better.

There are plenty of ways you can stay healthy while at work. Just stay conscious of how you feel and how much you move, and you'll be on your way to staying healthy and happy all day.

Take a social media cleanse

Many of us are addicted to social media even though research has proven it causes stress. Social media is meant to be a fun way to connect with your friends, but some people find themselves feeling jealous or even angry at their friend's experiences online. Being mindful of your social media usage is the key to knowing when to stop.

Use heat therapy

Heat can instantly relieve stress, so do yourself a favor and invest in a [heated back wrap](#) that you can use at home and a [microwavable neck heat wrap](#) to use at your desk at work. Heat can also ease muscle tension, making you feel loose and pain-free. Never underestimate the joy a simple heated back wrap can bring you!

Change your sheets

85% of sleepers have ranked the comfortable feel of their sheets and bedding as an important way to get good sleep. A simple change once a week can not only keep your sheets soft and clean, it can help you drift off with a smile in no time at all.

Use a good sleeping pillow

Proper alignment of the spine during sleep can enhance the quality of the sleep overnight. Traditional pillows work well for most people. Those people with neck injuries will require special shapes and support. People have praised the benefits of using award-winning

[chiropractic neck pillows](#) from SunnyBay.

To learn more about the company's natural lavender therapeutic wraps, visit sunny-bay.com.

About Sunny Bay

Washington-based Sunny Bay is a manufacturer and retailer of high-quality, effective pain relief products. The company's best-selling neck wraps and heating pads are meticulously designed for optimal comfort. Each neck wrap, pad, and travel pillow is handcrafted with care in the United States. Using premium Washington lavender buds, the company's Lavender Collection elevates comfort with naturally soothing aromatic relief.

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