HEALTHY LIFESTYLE TIPS
DURING SOCIAL DISTANCING

The current Coronavirus (COVID-19) pandemic has brought many changes to our lives. Being isolated at home while also dealing with personal responsibilities and concerns can be challenging. It is even more important now to dedicate time each day to your own wellbeing. Consider making positive changes in your life, while still following the rules of 'social distancing'. Are there any aspects of your lifestyle that you have thought about changing? Start with small changes. Set goals that are Specific, Measurable, Attainable, Realistic, and Trackable (SMART) so that you can achieve them in a healthy way. For example, if you have never exercised before, choose to start with 20 minutes of light exercise in your house 3 days a week for the next week and see how it goes. Strive for health!

STRESS REDUCTION
- Choose specific times during the day to watch news about COVID-19 so that being surrounded all day by news doesn't add anxiety to your day
- Seek updates from trusted health professionals to tell fact from fiction
- Set times during the day for healthy activities that you enjoy and find relaxing (e.g. – regular exercise, reading, music, art, meditation)
- Seek help from family, friends, colleagues, or a health care professional, when needed

SLEEP HEALTH
- Make your goal getting 7-8 hours of sleep each day (for adults)
- To help make your sleep restorative:
  - Keep regular sleeping hours, make your bedroom only for sleeping, and make your bedroom cool, dark, and quiet
  - Schedule "worry time" before bedtime to write down your thoughts (e.g. things to do tomorrow) and clear your mind of distractions
  - Let your brain and body relax before bedtime with a warm bath, breathing and relaxation exercises, or light yoga
  - Avoid before bedtime: large meals, caffeine, alcohol, and screen-time

SOCIAL CONNECTIONS
- Schedule regular times in your day to connect remotely with others through the telephone, social media, or virtual platforms
- Help your children do the same, while still practicing cyber safety
- Help others by sharing your time or your talents (e.g.- help an elderly neighbor order groceries for delivery, entertain a friend's child virtually, or teach someone to draw, sing, or play an instrument online)
- Join "live" virtual events to connect with others (e.g. - dance classes, music concerts, drawing classes)

PHYSICAL ACTIVITY
- Decrease the time you spend sitting inactive by adding activity breaks:
  - Set an alarm to get up every 30 minutes, walk around while on the phone, and take a walk break every time you take a coffee break
- Add purposeful physical activity to your day:
  - Work towards an ultimate goal each week of at least 150 minutes of moderate physical activity (e.g. brisk walking or moderate dancing) or 75 minutes of vigorous physical activity (e.g. jogging, skipping rope, or going up the stairs)
  - Include strengthening activities twice a week

NUTRITION
- Work to create a healthful balance in the way you eat and on nourishing your body for health:
  - Eat foods that contain Vitamins A (yellow fruits, egg yolk), C (citrus), D (oily fish), and E (olive oil, unsalted nuts), omega-3 fatty acids (oily fish, walnuts), and zinc (beans) so that your immune system can work well
  - Eat a variety of foods (such as many kinds of fruits, vegetables, and legumes) so that your body gets the right amount of essential nutrients
  - Eat healthy snacks, such as fruits, vegetables, wholegrain crispbread with avocado, or unsalted nuts

AVOIDING RISKY SUBSTANCES
- Use healthy ways to cope with stress, instead of turning to alcohol, smoking, vaping, or other drugs:
  - Instead, you can: exercise, dance, listen to music, meditate, or cook healthy recipes
- Get enough sleep, which can help you stay in the right mindframe to make healthier choices
- Use this opportunity to cut down on smoking or quit. Plan for success by: choosing your quit date, knowing your reasons for quitting, and preparing for what makes you more likely to smoke so you can overcome it

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