



# 6 WELLBEING TIPS

It's safe to say that things have gotten a little crazy recently. Here's a few tips to keep your wellbeing in check during social isolation.



## BE SELECTIVE

Whilst you can't completely ignore the news, try not to let it be the dominating force in what you read, watch and listen to every day.



## KEEP IN TOUCH

Utilise mobile and desktop apps so you can still have those all-important social interactions everyone needs to support positive mental wellbeing.



## KEEP EXERCISING

Whether you decide to do a home workout or get out for a walk, jog, or cycle, staying active is a great for your mind and body.



## GET LOST IN A BOOK

Not only will it keep you entertained, it'll keep your brain occupied and focused – win win!



## EAT MORE FRUIT AND VEG

Make sure you are including 5 portions of fruit and veg into your diet.



## HAVE A HEARTY BREAKFAST

Porridge is a great way to start your day and also helps boost your intake of fibre.



# KEEPING HEALTHY

Although it can be easy to reach for a sugary snack, incorporating certain foods into your diet could help keep your immune system in tip-top condition.



## EAT A WELL BALANCED DIET

Include plant-based foods such as vegetables, fruits and nuts in your diet to help support your immune system.



## GET PLENTY OF VITAMIN C

Vitamin C is an important part of a healthy diet. It can't be stored in the body, so you need it in your diet every day.



## USE HERBS AND SPICES

Spices such as cayenne pepper, allspice and tumeric contain components that can help boost your immune system.



## DRINK PLENTY OF CLEAN WATER

Water helps in the production of lymph, which carries white blood cells and other immune system cells.



# STOP THE SPREAD OF GERMS

To help prevent the spread of COVID-19, always use tissues when you cough or sneeze, bin used tissues as quickly as possible, and wash your hands often with warm, soapy water for 20 seconds.

And remember, germs are easily transferred to objects too so be sure to clean your smart phone and highly touched surfaces, such as door handles, regularly.