

MAINTAINING A HEALTHY MIND, BODY & SOUL



HEALTH LITERACY

Health literacy is about understanding information and using it to make informed decisions about your health. The ability to understand and implement health information, such as knowing to get seven to eight hours of sleep a night on a balanced schedule, eating breakfast and drinking lots of water is an important part of self-care.



PHYSICAL ACTIVITY

Regular exercise improves health, fitness, mood and sleep. There are many benefits that come with exercise for both mental and physical well-being. For example, leaving the home for your one form of exercise a day, whether that be for a run, walk, or cycle – alone or with members of your household. Though these things can also be done in your own home if you're creative about how you use what space is available.



HEALTHY EATING

Generally, a healthy diet reduces the risk of diet-related diseases which is a major aspect of self-care. Therefore, self-care through healthy eating can have preventative benefits and whilst there will undoubtedly be challenges over the coming months around what food is available, trying to maintain a healthy diet is not something we should ignore.



RISK AVOIDANCE

Part of caring for ourselves and others includes avoiding or reducing any risky behaviours that will directly increase the risk of contracting or spreading COVID-19, along with putting unnecessary additional pressure on our emergency services. Therefore, respecting the government guidance on staying at home and away from others is vital.



GOOD HYGIENE

Good hygiene helps maintain health and prevent the spread of diseases through simple steps such as hand washing (particularly important right now!), brushing teeth, flossing teeth and showering.



ACTS OF KINDNESS

This is a period where we are going to need to stick together and support one another. Going out of your way to help a family member, friend, neighbour or complete stranger can make a big difference. For example, collecting shopping or medication for others who can't or shouldn't do so, checking in on those at risk of loneliness, etc.



LEARNING

Learning isn't just about remembering facts to pass exams, in fact learning is a lifelong process that never stops. Use the time you have available to continue developing. Just because schools are closed it doesn't mean learning needs to stop!