



PHYSICAL AND MENTAL HEALTH TIPS

By: Caslyn Sylva

TAKE CARE OF YOURSELF

- Many students have been impacted by the coronavirus in some way.
- Students can feel depressed, anxious, worried, or not be as active as they used to because of stay-at home orders and lockdowns. Staying home and not having much to do can be boring.
- One thing you can do during this time is work on yourself. It is so important to remain healthy, especially during this pandemic.
- It is vital for everyone's health to practice social distancing. You will be preventing the spread of the virus.
- Starting good habits, eating healthy, exercising, taking care of your mental health, having support from loved ones, and helping others from your home are great ways to stay healthy physically and mentally.
- These tips can be done while being quarantined. It will help you keep a positive mindset and make you feel more energized.

EATING HEALTHY

- Eating healthy will not only help you maintain a **healthy weight** but, will give you the **energy** needed to work out..
- Reducing any level of stress, worry, or anxiety will be beneficial for people during this time.
- **Experiment with different healthy recipes** that you can find online. For example, www.foodnetwork.com has recipes for “Healthy Dinners in 40 Minutes or Less”
- Add **fruits and vegetables** to any meal. Eat meat and fish because it has lots of protein.
- Replace white grains or white bread with **whole wheat** or **whole grains**. (create avocado toast on whole wheat toast.)
- Snack on **nuts, seeds, or granola bites**.
- Controlling your portion in foods will also prevent you from consuming more calories than you need.
- For more information visit:
<https://www.healthline.com/nutrition/healthy-eating-for-beginners#section8>



EATING HEALTHY CONT.

- Try food portioning based on your hand
- Ex. 1 fist-sized portion of rice or 1-2 palms of protein (meat or fish) or 1-2 palms of healthy fats.
- Ex. Get a small portion of food to start with and wait about 20-30 minutes to get the same portion size again.
- To make eating sustainable: **BALANCE** IS THE BEST WAY TO GO
- If you make your diet 90% of whole foods (**whole grains, vegetables, nuts, beans, seafood, meat, dairy**) and eat in smaller portions, you should achieve great health.
- Make sure that whatever diet you come up with, is something you could see yourself continue doing in future months and years.



HOME EXERCISES

- Quarantine can be boring and idle, to make sure you are keeping your body active and strong, here are some home workouts that could be major mood boosters and help you keep the fun up:
- **Burpees:** full body workout, engages major muscles in your body, improves balance and coordination.
- Great thing about burpees is that it affects so much muscle in your body. All you need is enough space in your room to fit in plank position.
- **Squats:** Engages your core and lower body muscles.
- Squats increases athletic ability and strength, burns a lot of calories and reduces the risks of incurring injuries by strengthening tendons, ligaments and bones.



HOME EXERCISES CONT.

- **Jump Rope:** Helps improve coordination, increases your breathing efficiency by helping regulate breathing and increase heart and lung strength.
- Like the rest of these workouts, jump rope is very simple to do at home and doesn't require a lot of space.
- **Yoga:** Very beneficial for stress relief.
- Allows the body to reach a calming state by focusing on breathing and relaxation.
- Helps reduce chronic pain by stretching and relaxing muscles
- Get creative and find other great home exercises to add to the list. There's so many resources out there.



TAKING CARE OF YOUR EMOTIONAL HEALTH

- The outbreak of COVID-19 can be very stressful, scary and can cause a lot of anxiety, especially for those who have a history of anxiety or depression.
- It can be overwhelming, and everyone reacts to situations differently.
- These are ways to cope with it:
- **Take a time out** from watching, reading, or listening to the news regarding the outbreak.
- Of course, it's important to be informed, but taking a couple of hours out of the day to focus on yourself. Try doing something that makes you happy.



TAKING CARE OF EMOTIONAL HEALTH CONT.

- When you find yourself having a hard time breathing from worry or anxiety, breathe deeply for at least 2 minutes.
- Go to a quiet room and only focus on your breathing.
- Go outside in the sun for 10 minutes or more if needed. Soaking up some vitamin D can help regulate your mood entirely.
- Studies show that low levels of vitamin D is connected to higher levels of depression and anxiety. So, whenever you have the chance, step outside for a couple of minutes and feel the difference.
- Talk to your loved ones.
- Spending time with the people you love is so important for out mental health.



GREAT HABITS TO START WHILE AT HOME

- **Set a time to start your day and end your day.** If you like to have a general idea of what you can get done in a day, then creating a schedule is right for you.
- Set reminders or alarms on your phone at the start of your day for when you need to switch to another task.
- **Meditating** gives your mind a break from all the chaos in the world. It helps improve your emotional health, improves attention span, and increases self-awareness.
- **Try new things** like arts and crafts, new recipes, sewing, writing, eating healthier, working out, reading, redecorate your room, etc.
- **Sleeping** is so vital to your physical and mental health. Studies show that sleeping too late can lead to weight gain.
- Create a time to sleep everyday so your body gets used to it.



HOW TO HELP OTHERS FROM HOME

- Finding ways to help others during this difficult time will help yourself and everyone else in the world.
- **You can be a listening ear for people who struggle with mental health.** Volunteer as a crisis counselor for the Crisis Text Line. "The help line has reported a dramatic increase in texters mentioning the virus, with 80% feeling anxious." - A Guide to Helping and Getting Help During the Coronavirus Crisis
- **Donate** Hand-sewn face masks, medical supplies or blood.
- **Check on your neighbors and loved ones.**
- Find out what local **mutual-aid network** is near you. It is like Craigslist. People post their needs and others help fulfill their needs.
- **Taking care of yourself** is doing your part as well. Making safe and smart decisions during this pandemic is best for everyone.

