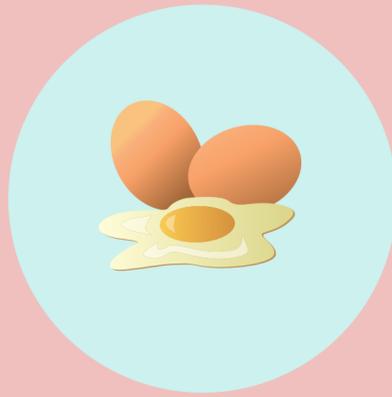


SELF-CARE IN SELF-ISOLATION



EAT YOUR VEG

Vegetables provide us with an abundance of different vitamins and minerals, which are particularly important right now as they help to support our immune system. Aim for 5 different types each day.



GO FOR PROTEINS AND HEALTHY FATS

Proteins (eggs, fish, meat, tofu, legumes) and healthy fats (fatty fish, olive oil, avocado, nuts & seeds) help to fill us up so that we are less likely to need that extra snack. Aim to include them in each meal.



TRY TO LIMIT SUGAR AND REFINED CARBS

Foods that contain sugar and refined carbs (think sweets, cakes, pastries, white bread/pasta/rice etc.) increase our appetite and lead us to eat more than we need to across the day. Try to eat these foods in moderation.



TUNE IN WITH YOUR TRUE HUNGER CUES

Non-stop grazing messes with our hunger and satiety cues (the feelings that let us know when we're hungry and full). Ask yourself if you are truly hungry when you reach for that next (maybe boredom) snack.



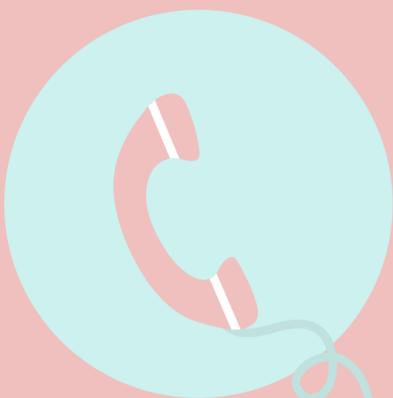
KEEP MOVING YOUR BODY

Moving your body each day will help you feel better and sleep better. If you're finding it difficult to motivate yourself, utilise our local gym/studio owners who are moving in to the world of virtual exercise classes.



GET OUTSIDE

The fresh air will freshen you up. Plus, it's important to try and (safely) get your daily dose of vitamin D to support your immune system. Get outside but stay within the current physical distancing and public gathering requirements.



CONNECT

Social connection is so important for our mental health. Pick up your phone/device and connect with your friends and family.



FIND A PURPOSE

Keep yourself busy. Read. Cook. Sew. Build something. Start that project you have always wanted to find time to start.



THINK GENTLE THOUGHTS

Know that it's okay to feel overwhelmed, anxious and afraid. But also remind yourself that this pandemic will end, and that there will be support at the other end to get you back on track with whatever it may be.