

Stay healthy, active and connected

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FOR most of us the COVID-19 outbreak has impacted us in many and different ways. With regular changes happening, it's completely normal to feel overwhelmed, anxious and stressed.

Following government advice, we have all encouraged to stay at home to flatten the curve.

While it's crucial to practice social distancing and selfisolation, it may result in social loneliness as face-to-face interaction has been restricted significantly over the past few weeks.

We are social beings therefore, loneliness and sadness can occur as a result and therefore it's more important now than ever to take care of your mental health and wellbeing in challenging times like these.

Here are some tips by website www.bni-life.co.id you can practice at home to help you stay healthy, happy and connected.

Being mindful about what you do and pay attention to the present moment will help cultivate your sense of being.

The art of mindfulness has been proven to help overcome anxiety, stress and loneliness.

Practicing mindfulness doesn't have to be complicated or intensive. You can incorporate mindfulness into everything you do.

Practice mindful eating by taking the time to eat your meals without any distraction, sit down properly to eat and enjoy your foods.

Practice mindful breathing can benefit you in the long run. Breathe slowly and extend your breaths on exhalation can help calm your parasympathetic nervous system and cultivate a sense of inner peace. Try to slow down your breaths and count down from five to one when breathing out.

Practice mindful thinking to help cope with negative feelings. When your emotions are rising and getting out of control, acknowledge them without reaction.

Take your time to express your feelings through journal, painting and talking to someone if you need help.

Keeping a healthy diet may help boost your immune system to help fight COVID-19. These include lots of fruits and vegetables, healthy fats, whole grain and healthy protein in your daily diet.

Don't forget to keep yourself hydrated throughout the day and avoid taking in too much caffeine from coffee or black tea. Drink herbal tea and medicine.

Staying active can be as simple as taking a short walk around your backyard, gardening, cleaning your home environment, knitting and cooking.

Keep your body flexible by stretching or doing yoga first thing in the morning when you wake up.

Having a daily routine is important to keep you stay active, strong and healthy.

Keeping yourself busy and entertained during COVID-19 is very important. Listening to music, watching your favourite shows on Netflix, playing online puzzles, subscribing to YouTube tutorials and learning a new skill are some ideas you can try.

During uncertain times like these information overload could happen resulting in stress and anxiety.