

# Look after your health

As we respond and react to the COVID-19 situation, for many people this may involve a change in routine. During these times it can be easy for us to lose our focus on some of the basic health practices that help us to maintain good physical and mental health. Try to ensure you are looking after your health in the best way you can.



## Sleep

Sleep is critical for good health and impacts our concentration, performance and overall wellbeing. Aim for between 7 and 9 hours of sleep each night.



## Hydration

Dehydration can affect our brain structure and functioning including our thinking and reasoning. Aim for 8 glasses of water each day.



## Socialisation

With self-isolation and remote working commonly in place there has never been a more important time to connect with family, friends and colleagues, albeit via technology



## Movement

Regular movement is important for our circulation, digestion, metabolism and immunity. Aim for 10,000 steps a day and stand/stretch regularly for desk workers.



## Nutrition

Our diet plays an important role in protecting over overall health. Aim to incorporate the appropriate proportion of the five food groups each day and minimise alcohol.



## Gratitude

Gratitude is not only key for our happiness and health, but also helps us to deal with adversity. End each day by writing down 3 things you are grateful for in your life.

There is nothing more important than health so make sure you are looking after yourself during these challenging times. We're here to help you navigate your way through this time so don't hesitate to call us if you need support.

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