

Weekly Wellness

with Renee



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Focus on what you can control

At unsettling times like the coronavirus outbreak, it might feel like things are very much out of your control. Most routines have been thrown into disarray and the future, as far as the experts tell us, is far from certain.

But there are still lots of things you can do — aside from physical distancing and washing your hands with soap — to protect your health and wellbeing.



Working from home

If you'd been told in January that you'd be able to work from home for months on end – dodging the commute and office politics in the process – it might have sounded like a start-of-the-year bonus. The reality, of course, isn't necessarily so enjoyable. As the world adjusts to the coronavirus pandemic, one of the biggest changes is enforced home working.

Staying motivated, retaining work-life balance and learning video conference etiquette are just some of the challenges.

Don't skip the shower. There's bracing evidence to suggest that a cold shower can boost your mood and attention. Routine and structure are crucial to making the quarantine period tolerable. Resist the urge to hit the snooze button.

For many of us, finding a place to setup for work was not something we had thought about. Sitting at a dining room table, a coffee table set up on the floor with crossed legs - there are lots of variations. Make sure you are as comfortable as possible and take regular breaks to move, stretch and drink plenty of water.

If you can find a room with a view of any kind of nature then this can reduce blood pressure and the circulation of stress hormones, and it increases the capacity for directed attention, which is the ability to focus.



Eating Well

Eating as healthily as possible is important not only for our physical health, but our psychological wellbeing, too.

B vitamins, found in green vegetables like broccoli and spinach, beans, bananas, eggs, poultry, fish and beetroot, are important for our brain and its happiness chemicals serotonin and dopamine. A lack of B6, B12 and folate (B9) are common in cases of depression.

Try this recipe www.onegreenplanet.org/vegan-recipe/sweet-potato-chili-gluten-free/

Stay safe team & keep yourselves well...

Please reach out if you need and remember we are in this together.



Exercising Enough

Exercise releases chemicals in the body that make us feel good, and it's also been linked to better sleep, reduced stress and anxiety, and improved memory and cognition.

WHO suggests 30 mins of moderate exercise. You can even break that up into 10 minute sections — 10 minutes in the morning, 10 in the afternoon, and 10 in the evening. When you've established that as a daily routine, then your day will be better structured as well.

I personally have been doing an 11-minute yoga routine every morning for a long time - have a look at [Yoga with Adriene](https://www.youtube.com/user/yogawithadriene) - she's great and has lots of options.

Try walking up and down the stairs in your home, or around your backyard for example. Or, you could jog in place inside, or do some shadow boxing, or jumping jacks, or sit-ups, or push-ups.

Even if a short walk once a day is all you can manage, research suggests just two hours a week in nature is linked with better health and wellbeing. My son is calling it 'walking in around in circles'.

But be careful not to exercise if you have flu-like symptoms, or if you feel exhausted.



Social Connection

Now more than ever, we need our friends. Evidence shows that social connectedness is as important for our health as diet, movement and sleep.

Petting your pets and face-timing your family are no-brainers (call grandma if she can't facetime), but don't forget about your colleagues, too. Using virtual spaces to meet up is really good.

A lot of the time we spend interacting at work is not actually about work. That type of interaction is likely to be what we miss when we are self-isolating. So, I would recommend meeting colleagues or friends on-line for regular coffee breaks or lunch, so you don't miss out on that type of social interaction.

No, you can't have a dinner party or a picnic in lockdown — in person! But not all social interactions have to be face-to-face to be meaningful. Try recreating them through video calls — you could organise a virtual dinner via apps like Zoom, or take a friend on a virtual walk or do a household activity together, like craft or drawing.

Think of it as being distantly social.

