



# COVID-19

## TOP 10 TIPS FOR STAYING HEALTHY DURING THE COVID-19 PANDEMIC

- 1 | TAKE CONTROL OF WHAT YOU CAN**  
Although we can't control the outcome we can do our best to control the spread of the virus. Follow Public Health Guidelines and do what you can to attend to your physical and mental health. Consider following these tips.
- 2 | CONNECT WITH OTHERS**  
It is helpful to stay connected in challenging times. Use the telephone, email, video chats and social media to stay in contact with others.
- 3 | PRACTICE DEEP BREATHING AND MINDFULNESS**  
Become attentive to your physical feelings and emotions throughout the day. Use deep breathing to help manage these sensations and take a pause to help regulate these feelings and emotions.
- 4 | AVOID OVEREXPOSURE TO NEWS AND OTHER EMOTIONAL TRIGGERS**  
Think about how the news impacts you. It can be useful to limit the amount of time you listen to or read about the news each day.
- 5 | BE AWARE OF QUICK FIXES**  
Try to avoid the tendency to consume more alcohol and non-prescribed drugs during these stressful times. Although watching movies and TV shows can be helpful and entertaining, make sure that you are not spending your full day in front of the TV or computer.
- 6 | ESTABLISH A ROUTINE**  
Make a schedule that includes regular mealtimes and daily exercise. Establish a bedtime routine which can include a meditation practice and some gentle exercise like yoga or stretching to settle the mind before going to bed.
- 7 | COOK AT HOME MORE OFTEN**  
While you are at home this can be a great time to try a new recipe. It can also be time to cook your favourite foods which may be comforting. Check out our Nutrition Guide for recipe and snack ideas.
- 8 | HOW YOU EAT IS AS IMPORTANT AS WHAT YOU EAT**  
Enjoy mealtimes and the food you eat! Don't multitask. Avoid distractions like your computer or TV while you eat. Turn off the news while you eat. Sit down and enjoy a meal at the table.
- 9 | GET YOUR HEART PUMPING EVERYDAY**  
Aiming for 30 minutes of aerobic, or heart pumping, exercise everyday is a great way to help stay healthy. Try for bouts of at least 10 minutes at a time.
- 10 | SIT LESS AND MOVE MORE**  
Break up long periods of sitting with standing and movement breaks regularly throughout the day.