



Holistic health tips

See

Be aware that what you look at will have a direct effect on your mood and emotions. Limit how much time you tune in to the news. Instead, immerse yourself as much as possible in the positive things in life. If possible, try to go outside for a 30-minute walk each day and appreciate the beauty of Mother Nature. When you least feel like doing it is when you need it most.

Sleep

Sleep is crucial for our bodies to function properly. Sleep deprivation can have major negative impacts on the psychological wellbeing and even our emotional intelligence. Try to develop and sustain a regular sleep routine, as this can help maintain a sense of normality during such a time of uncertainty and change.

Do things you enjoy

Are there things you've been meaning to do but haven't had the time? Now is the opportunity. Pick up that book you've been meaning to read. Try something new like yoga or painting- the list is endless. Yes, we are in a lockdown, but that shouldn't stop us from doing something we enjoy. Appreciate each moment and make it count.

Meditate and exercise daily

Use this time to slow down your mind for a portion of the day and meditate in a calm space. Meditation improves a wide range of willpower skills including attention, stress management and self-awareness. During stressful times like these, meditation will ground you and give you positive brain energy. Combine this with moderate exercise to release the positive endorphins.