

Health and Wellbeing Tips for The Pandemic

Providing you and your community the best chance for minimising the risk of contracting and beating COVID-19

Please note that reducing your COVID-19 risk with lifestyle changes is not a substitute for vaccination, mask-wearing, social distancing and basic hygiene.



Optimise Your Immune Response to Infection

Quality Sleep

Good sleep is important for the performance of the immune system in identifying and neutralising invading pathogens.

Establish a good bedtime routine and aim for 7 to 9 hours.



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Prather AA, Janicki-Deverts D, Hall MH, Cohen S. Behaviorally Assessed Sleep and Susceptibility to the Common Cold. *Sleep*. 2015 Sep 1;38(9):1353-9. doi: 10.5665/sleep.4968.

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Plant-Based Eating

A wide range of fibre-filled, nutrient-dense, and antioxidant-rich whole plant foods are ideal to optimise your immune system.

Increase your intake of fruit and vegetables, legumes, whole grains, nuts and seeds, and don't forget to stay well hydrated with water.



References:

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Regular Movement

Exercise allows immune cells to function effectively.

Target 30 to 45 minutes of moderate-intensity per day and if you can, get outdoors for the extra benefits of nature and health-boosting vitamin D.



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Stress Management

Adequately managing stress and anxiety is important in the regulation of the immune system and mental health.

Breathing exercises, yoga, immersion in nature and doing something you really enjoy are some simple actions you can take.



References:

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Staying In Touch

Physical distancing does not mean isolation.

Using technology, you can connect with friends and family, and join online groups; even brief and virtual social connections can improve cellular immune responses.



References:

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