



社 康

基督教聯合那打素社康服務  
UNITED CHRISTIAN NETHERSOLE COMMUNITY HEALTH SERVICE

English Version

## Empower yourself: beat COVID-19

**Staying well – healthy diet for good immunity, stress management, exercise at home, and fun things to do with family during social isolation**

Although the Coronavirus outbreak aggravates lots of uncertainties in the speed of spreading and the way to prevent it, there are several things that we could do in maintaining our physical and psychological wellbeing.

### Healthy diet for good immunity:

A healthy diet means eating a balanced diet with wide range of foods that provides enough nutrients for your body and to boost your immune system. Balanced diet includes at least 2 portions of fruits, 3 portions of vegetables, whole grains, meat and dairy products. Avoid too much fat, salt and sugar. Eat at regular intervals.

### Stress management and physical health:

Our mind and body are very much connected; poor mental health could result in poor physical well-being. When you keep on having negative beliefs (e.g. What if I suffer from the Coronavirus), it could cause physical problems such as insomnia, headaches or fatigue. Therefore, it is essential to take a break from media coverage of COVID-19. If you are staying at home for self quarantine, it is important to maintain regular routine. Maintain social contact with family or friends online to make you feel less isolated. Try to relax and rejuvenate, try deep breathing meditation, make time to unwind, try thing you enjoy, such as reading books, listening to your favourite music, watching some good movies, try cooking/ baking your favourite book .You may not always have the luxury of time, thus you may utilize the time to declutter your wardrobe, mailbox, laptop or anything you simply didn't have time before.

### Exercise at home:

Regular exercise is important to maintain good immune system. Even if the gym and all the outdoor sports facilities are closed, adopt home-based mobility exercise, such as circuit training, walking on the spot, yoga and stretching.

### Fun things to do with family during social isolation:

Use this opportunity as family bonding time, try to do fun things together such as watch funny movies, involve whole family for baking or cooking, play indoor family games such as card games, board games, puzzles, do stretching / dance steps together, painting, discuss about good books, music. Overall be a role model to your children- -take breaks, get plenty of sleep, exercise, and eat well.

Reference:

- 1) DH-CHP- Balanced diet. Available at <https://www.chp.gov.hk/en/static/90017.html> , accessed on 30th March 2020
- 2) CDC -Stress and coping, available at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html> accessed on 30th March 2020
- 3) WHO-How to stay physically active during covid-19 self-quarantine. Available at <http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/news/news/2020/3/> accessed on 30th March 2020.



**2344 3019**  
[www.ucn.org.hk](http://www.ucn.org.hk)  
[www.ucn-emhealth.org](http://www.ucn-emhealth.org)