



# 7 WAYS TO INCREASE RESILIENCE AND WELLBEING

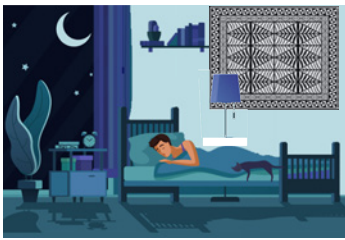
Your health is the first step towards living a happy and meaningful life!

- Life with COVID-19 protocols will protect you, maintaining hygiene disciplines, mask protection, social distancing and getting fully vaccinated
- Strengthening your immune system and building resilience can help reduce risks of contracting, spreading, and suffering from COVID-19

## 1. SLEEP

Sleep 7-9 hours per night.

Sleep is when your body repairs, renews, refreshes, detoxes (especially your main organs and the BRAIN), fat-burns (yes this is a natural intermittent fasting time). Sleep is your body's most important DEFENSE and REBUILD time.



## 2. HYDRATION

Drink 2-3 litres of water every day.

We need top hydration for top immune function.



## 3. SUNSHINE AND FRESH AIR

Getting sunlight means you must get outside.

Getting safe sunlight helps you build Vitamin D levels which is associated with increased autoimmunity and improved susceptibility to infections.



## 4. EXERCISE AND MOVEMENT

Regular exercise has a notable protective effect against contracting COVID-19 and, regular exercise appears to slash the risk of severe COVID infections or death from COVID-19 (British Journal of Sports Medicine).

Check with your doctor if you have any health concerns before you start any new program. Small and easy movements daily can improve your health significantly.

## 7. SOCIAL CONNECTION

We are created to socialize with each other.



## 6. STRESS MANAGEMENT

COVID-19's has increased fear and anxiety for many.

Stress can be an instigator of disease and make it difficult to fight against COVID-19.

Make sure you are aware of stressors in your life and do things to overcome them.



## 5. HEALTHY EATING

When you eat the right foods, as nature intended, your food becomes your best medicine.



CHECK OUT TIPS FOR THE ABOVE METHODS IN THE NEXT PAGE



# 7 WAYS TO INCREASE RESILIENCE AND WELLBEING – TIPS

## 1. SLEEP

- i. Go to bed at the same time every night and wake up at the same time every morning so your body can set a natural circadian rhythm. Even on the weekends!
- ii. **Switch off all screens at least 1hr (even 1/2hr helps) before you go to bed. Dim all your house lights at sundown.**
- iii. Stop caffeine 8 hours before bedtime and avoid alcohol before bed – one of the worst sleep disruptors that affects the brain.
- iv. Have a 20-30 minute bedtime routine that includes a wind-down like a hot shower, meditation, prayer, journaling, a 10 min Yoga stretch routine works, reading books.
- v. Get 5 mins of morning sunlight on your face – this kick starts melatonin production that helps you fall asleep at night.

## 2. HYDRATION

- i. **Drink 2 glasses water as soon as you wake up – flush out all the toxins from your overnight cellular detox – give your body a wash from the inside.**
- ii. Always have a water bottle with you – Make sure it is a good quality bottle (not plastic if possible).
- iii. Drink about half your body weight in water e.g. if you weigh 60kg, drink 3 litres of water (3,000mils).

## 3. SUNSHINE AND FRESH AIR

- i. **Get 5 mins morning sunlight on your face – have your morning wake up water/coffee sitting in the backyard on the balcony – in the sun.**
- ii. Get outdoors in the sun, go for walks, do gardening, go to the beach and take in the fresh air.

## 4. EXERCISE AND MOVEMENT

- i. Do at least 20-30 mins of planned movement each day (this can be a fitness class, a gym session, yoga, or even a simple walk).
- ii. Get an exercise buddy and set a goal of exercising together.
- iii. **Take exercise snacks throughout the day. E.g. do 5 minutes of exercises like Air squats, High Knees, Star jumps, Push-ups, Lunge walking, Yoga, Dancing etc.**
- iv. Build strong muscles – do strength training You can also download a program from the internet – there are many free programs available on YouTube.
- v. Build a strong heart – at least once a week – move so that you are breathing heavy – walk up some stairs or a hill, do some sprints/running, do a dance or HIIT class.
- vi. Find an activity that you love e.g. tennis, fitness class, swimming, hiking, golf, paddle boarding, dancing.

## 7. SOCIAL CONNECTION

- i. **Stay in contact on a regular basis through phone, Zoom, Skype and where possible picnics and events.**
- ii. Even in your own home, make time to play games with the family (games that are of interest to the children of course).
- iii. **Dinner meals together, device free and have a talanoa session.**

## 6. STRESS MANAGEMENT

- i. **Daily meditation, yoga, massage, journaling, pray and worship, and quality time with loved ones**
- ii. For instant relief from a stressful moment – drink a glass of water or do 5 mins of movement or do deep breathing exercise (breath in for 5 sec, hold for 5 sec, breathe out for 5 sec, hold for 5 sec and repeat 5 times)
- iii. Our thoughts create our body, every thought affirms or detracts from who we are, learn to self-manage your thoughts and have an affirmation practice
- iv. **Limit exposure to general news sources TV/Radio and social media**
- v. Follow the health tips in this section

## 5. HEALTHY EATING

- i. **Good portions and healthy proteins (beef, fish, pork, chicken, lamb, shellfish, eggs, cheese) and fats (avocado, olive oil, nuts with loads of fresh vegetables and fruit.**
- ii. **Avoid sugar and sweetened processed foods like donuts, cakes, cookies, ice-cream, coke, sprite etc.**
- iii. Improve gut and cellular health, try fasting. Twice week, fast for 12 hours between your last meal to the next meal. An easy way – eat your last meal at by 7pm, and do not eat again until after 7am the next day.