

How to take care of one's physical and mental health during the pandemic



**PLATINUM
HEALTH**

During this difficult time, it's important to continue looking after your physical and mental health. This will not only help you in the long-term, it will also help you fight COVID-19 if you get it.

Physical health:

- Fuel your body by eating a healthy, well-balanced diet and drinking enough water. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. Eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants your body needs. Avoid sugar, fat and salt to significantly lower your risk of overweight, obesity, heart disease, stroke, diabetes and certain types of cancer.
- Aim to get seven to eight hours of sleep each night.
- Exercise every day.
- Take deep breaths and stretch often.
- Avoid risky or destructive behaviours, such as abusing alcohol or drugs, excessive gambling or ignoring public health recommendations.
- Spend time outside, such as going for a walk in the park, but follow social distancing guidelines.

Mental health:

- Set and maintain a routine at home.
- Focus on things you can control and accept the fact that COVID-19 will be with us for much longer than anticipated.
- Use technology to maintain social connections with your loved ones.
- Focus your thoughts on the present and things to be grateful for today.
- Listen to music or read books.
- Consume reliable news sources that report facts and avoid media that sensationalises emotions.



If you're struggling to cope mentally during this time, contact the EAP Helpline on 010 133 0525

