



Wellness through lockdown: Our daily routine

We have a very important job to do, by staying at home. It's important during this time that we're staying positive, keeping our bodies moving and spending time outside (even if this is just on our backyard). Whilst we're all in this period of lockdown and we're practising physical distancing, it's still important to maintain as much normalcy and good routine in our days as we can.

Applying structure and routine to our lives is a great coping mechanism. As we've all found ourselves in new situation, a great thing to do is to build a new, at home daily routine.

What should we include in our daily routine?

1. Moving our body

Whether this is a walk or bike ride around our local streets with our bubbles (or without our bubble if we need a bit of alone time!), an at home work out or yoga class, or a game of backyard cricket with your bubble teammates, moving our body is so important for our overall health.

We need to be doing at least 30 minutes of exercise and movement *every single day*. Exercise and movement is important for our cardiovascular health, our posture, our muscle strength and flexibility, our long term mobility, our digestion, our mood and a number of other positive health aspects.

2. Getting some sunshine

With a little safe sun exposure, our bodies can utilise the sunshine to make Vitamin D, an important micronutrient that plays a role in supporting our immune system. Seasonal affective disorder also suggests the link between reduced sunlight exposure and low mood, particularly common in the winter months where more time is spent indoors, so be sure to get at least 15 minutes of outside time each day.

3. Time for relaxation

Create time in every day to find calmness. This could be time to focus on breathing deeply for a few minutes, or an activity such as a short yoga class or meditation, reading, walking the dog, or simply a moment alone outside. It's important to find ways to relax during these times of heightened stress.

4. Staying in touch with loved ones, and doing things we love

Whilst we're all practising physical distancing, this doesn't mean we must halt communication with

people outside our bubble. We can use the phone, social media or video calls to stay in touch and connected with our friends, colleagues and family. This will be just as positive of an experience for you as it will for them. Also find time do things around the home that you enjoy doing, whether that's baking, exercising, listening to music, being outside, continue to do things that make us feel good, and that'll put us in a positive mood.

References

<https://www.mentalhealth.org.nz/get-help/a-z/resource/43/sad>