

## Introduction

This is a guide to healthy lifestyle tips and strategies to help you to be the best you that you possibly can be during lockdown. In a lockdown situation, it could become all too easy to simply do nothing, or sleep, watch TV or play games all day.

It is important to avoid risky behaviour and have a good regime of eating, sleeping, exercising, praying and engaging in interpersonal communication. This will help get through the days in the best possible health condition and in good spirits.

## Important Health Information

According to a study done by BOBAL University of Medical Science, the determinants of health promoting behaviours are **good nutrition, sleep and physical activity**. They add that stress management, spiritual growth, interpersonal relationships, gender, age, race and financial status also play a role in living a healthy lifestyle.

## Tips for Maintaining a Healthy Body

The brain is the most vital organ of your body responsible for survival and success. The brain requires four elements to be healthy.

They are:

1. **Oxygen:** (breathe deeply or exercise gently for 30-45 minutes per day in an unpolluted area, preferably with trees and greenery around).
2. **Water** (the brain is easily dehydrated by stress and information overload. The body and the brain are composed of 80% water. (If you are feeling bored, tired or moody, try to hydrate yourself – stand up and get a drink of water.) Avoid fizzy sugary drinks such as coca cola, red bull, etc. Simply plain water is best to hydrate your body and brain.
3. **Sleep:** Sleep enables the brain to recover, store new knowledge into long-term memory and be ready for the next day's stresses and strains. About 7 to 8 hours sleep per night is vital to feel well rested and energised. Sleep studies indicate that the brain and body require pre midnight sleep as opposed to post midnight sleep in order to thrive. So if you regularly sleep late, only after midnight, you are not helping your brain. Nor is it good for your brain to play with electronic gadgets for hours before bed.

A short power nap of about an hour during the afternoon is also beneficial. If you are ill, stressed, or heart sore, sleep promotes recovery.

Good sleep patterns also promote memorisation and recall.

4. **Food/fuel:** Eating a varied balanced diet is necessary for the brain and body nutrition. Natural foods are better than processed food. Eat fruits, vegetables, nuts, eggs, dairy, meat and fish to feed the brain. If you have money for burger, coke or other fast foods, rather spend it on fruits and other healthy foods such as yoghurt, meat or fish and eggs. A packet of peanuts and raisins is much better than crisps/chips.

## Lifestyle Tips

- Have a clean well-organised workspace. Keep a bottle of water close by.
- Start your day in a positive way by exercising, bathing, making up your bed and grooming yourself to take on the day. It is called 'activation energy' and it sets the tone for the rest of your day. Prayer, positive affirmations and gratitude also work well for energy activation.
- Check your to do list and goals and don't allow yourself to get distracted. Remove the obstacles and blocks and know what to focus on.
- To build effective habits, you only have to start by doing ten to fifteen minutes per day and slowly over time increase to an hour.

## Additional Resources

[www.lifehack.org](http://www.lifehack.org)

## Summary

In this section, we provided you with some health and lifestyle tips to promote a healthier lifestyle that will help you become more productive and successful.