



Wellbeing during the Coronavirus pandemic

Eating well - Food preparation

- If you usually do weekly food preparation at the weekend, carry on with this discipline. If you don't, then start. It makes it much easier to maintain your routine. Meals – especially lunchtime then become the equivalent of a trip to Pret. Otherwise it is easy to lose time cooking during the week, or wondering what to eat at lunchtime, or at the other end of the scale missing meals and forgetting to eat. It also helps if you have other family members as they can easily find food to eat for meals without the need to interrupt or pester you;
- This will also keep you healthier as you will eat meals rather than be tempted to snack when you are peckish;
- Think about the food you need the night before and take prepared meals out of the freezer, as you would if going into chambers to work, or prepare a lunch box for your children as if they were going to school;
- Also prepare healthy snacks, such as fresh fruit, chopped vegetables, hard boiled eggs, protein like chicken breast, hummus with edamame beans (or whatever you can purchase given the panic buying of late);
- If struggling for ideas, think about what you would normally buy from Pret/Eat/Wasabi and replicate the best you can;
- Whatever you decide to eat, try to take a break from your workspace for your meals.