



Wellbeing during the Coronavirus pandemic

Exercise

- Mindful of the Government guidance on COVID-19, if you can, get some fresh air each day. Do not go to parks or join groups but walk the dog, walk the block in your local area, go into your garden or onto your balcony, if applicable. If nothing else at least open the windows for a while to let fresh air in;
- Try Yoga, mindfulness or meditation, if that is your preference, but think about where you are going to do this in advance. If you have to set up the space each time, it becomes harder to maintain a routine. If you have not done it before, three months is a good period of time to start mastering these skills, which can help you to focus on the here and now and reduce anxiety. There is an excellent introductory meditation on the website of the Indian yoga centre Swan - <https://swan-yoga-goa.com/mantra-and-chanting-audio-file/> (click 'download' on Morning Meditation and then press 'download' again on the next page).
- If you can't go outside, still get up and walk regularly, even if in your house/flat. If you have a flight of stairs try walking up and down them for a number of repetitions.
- There are many strength training and stretching exercises which can be done indoors without the need for a gym, and using only your bodyweight. See Youtube!
- Do exercises that activate your glute muscles and stretch your hip flexors, as these are not used a lot when you sit all the time. You could invest in a standing desk if this is possible.
- A good tip is that if you have a telephone conference or video conference, you could take this standing or walking (obviously this may not be possible if you need to amend a document at the same time);
- Subject to issues of confidentiality/weather/other household members take telephone calls in the garden or on the balcony – this gives you a change of scenery, vitamin D, fresh air and time away from the screen and distraction caused by other work/matters.