

Tender Loving Care

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Types of TLC

/ Practical
/ Psychological
/ Physical
/ Emotional
/ Social

/ PHYSICAL

- Choose ONE type of exercise each day
 - This could be the same or different type of exercise each day, depending on what you feel your body needs. Whatever the exercise, the positive outcome is that exercise can lift your mood, decrease stress levels and release feel good endorphins!
- Don't feel pressured into doing something 'amazing', listen to what your body needs!
 - If you are not used to exercising, please make sure that you speak to a Healthcare professional before starting any kind of exercise program.
 - If you are used to exercising but cannot get to the gym for your usual workout, maybe try to improvise at home or sign up to one of the [free NHS online workouts](#).
 - If you are sitting down at a laptop for most of the day, it might be useful to introduce a stretch, yoga or pilates. Here's a [video of me demonstrating a mindfulness movement called Qi Gong](#). This is a great to use as a morning routine
 - If you want to get your heart rate up but are unable to leave the house, you could go back to your old school days and perform some jumping jacks!
- "You are what you eat!"

It's always important to pay attention to your diet and to [feed your body with nutritious food](#), to boost the immune system but even more so during lockdown.

 - Try not to be enticed by a takeaway!
 - Keep an eye on your daily calorie intake. Stress can lead us to eat more and to eat foods that deplete our energy levels rather than restore. You can use free Apps like [MyFitnessPal](#) and [Fitbit](#) to keep a check on this.
 - Pay attention when you are eating a meal. Practicing mindful eating can help to to enjoy, savour and digest the food on our plate.
 - Try not to eat too late in the day. Lying down after eating can cause heartburn and digestive issues, so try to sit up for at least 30 minutes after eating before you go to bed.

Feeling stressed and anxious about the future is a normal human reaction to a global crisis.

STAY SAFE AND WELL.



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