

## Health and Wellbeing tips to help you care for your mental wellbeing during times of uncertainty

The advice of the UK Government is to stay at home to protect the NHS and save lives.

We recognise that staying at home for a prolonged period may be difficult, challenging, frustrating and /or lonely for some people to varying degrees.



## Take regular exercise

- Plan to go outside for fresh air and physical activity on a daily basis
- Look for online classes or courses that provide guidance on taking light exercise in your home such as <u>The Body Coach</u> – a free daily 30-minute exercise session, Monday–Friday 9am to 9.30am, suitable for all levels of fitness (watch live or on repeat)
- Download the QMU Sports Free Fitness App in conjunction with Technogym QMU Sports Mywellness App
- Incorporate physical activity into your daily routine doing housework,



