

JUST JESS on HEALTH:



The importance of wellbeing over the 21 day lockdown period

Taking care of your mental, emotional and physical health over the lockdown period is very important. I have taken the following key points from a wellbeing plan put together by the social workers at UNICEF. Please extend this to friends, family and colleagues:

1. **Routine** – stick to a routine daily. Get up, get showed, get dressed, do your work and take part in some form of exercise. If you don't already have a routine, now is the time to create one.
2. **Connection** – keep in contact with friends, family and colleagues. It is also important to check-in with those that live alone.
3. **Hobbies** – read a good book, magazine, finish your sewing/ knitting project, cook, master the art of baking or start a new craft.
4. **Worry window** – if there are thoughts that are fuelling feelings of uncertainty and anxiety for you, set aside some time each day to write these down. Try not to mull over these thoughts out of this period.
5. **Mindfulness** – meditation, yoga, eating well, exercise and an active practice of gratitude is essential. Writing just 3 things you are grateful for each morning can set the tone for the day.

Below are links and suggestions to a couple of local businesses for you and your family to enjoy:

- Maledi organic fruit and vegetables (home delivery): <http://maledifresh.co.za/>
- Instagram: @timoyogi facebook: @harmoniseyogasa (direct message Tim on 0728461297. His specials for the lockdown period include R100 per class, R400 for 5 classes or R600 for 10 classes. His classes are conducted over Zoom.
- Free magazine download: <https://magazinelib.com/south-africa/>
- Free book downloads for children:
https://www.allyoucanbooks.com/catalog/children?qclid=Cj0KCQjw1v0BRDaARIsAGTWD1tJPjBL8z8QbiGqqBNvVcvDJueDzyc898Fmhjldi7dhCkVrdQxPnoaAsT7EALw_wcB

I urge you to use this time to recharge. Stop, readjust and refocus your energy, thoughts and goals. Whilst you are doing all of the above, the time will pass. You would have acted responsibly by staying at home, remaining in unity with fellow South Africans - and the world. Through this you will contribute to the healing - on many different levels.

Stay safe

*Please note I will now be available on zoom for initial and follow-up consultations during the lockdown period. If you have any questions please don't hesitate to ask.

Kind regards
Dr Jess

