

Tips for Staying Active during COVID-19

Keeping active is an easy way to help maintain our physical and mental health.

Set your 30 minute goal.

A minimum of 30 minutes of moderate-intensity physical activity each day supports us to stay healthy and well.



Enjoying nature by walking, jogging or running.

Ensure you maintain social distancing (at least 1.5 meters) and stay in your local neighbourhood.



Try cycling.

Explore your local area by bike while maintaining social distancing (at least 1.5 meters)



Be active while watching TV.

Stand and stretch in the ad breaks or in between episodes.

Our partners at [Active Geelong](#) have posted gentle exercises which may suit you.



Get out in the garden.

It's a perfect opportunity to sweep, weed, plant, mow, prune etc. Not only will you get some exercise, but you will get a sense of satisfaction from the immediate effect of your work.



Build your strength.

Get your legs pumping by squeezing in some squats in between hanging clothes on the clothesline, or when putting dishes into a low cupboard or dishwasher.



Dance.

Put on some music and dance! Not only will you get your heart rate up, but your spirits will be lifted too.



Tips for Working from home during COVID-19

Here are five tips to help you and your workers stay connected and adapt to remote working.

Maintain your regular work hours and stick to a routine.

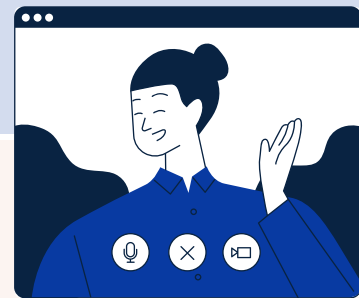
When working from home it is important to set yourself a schedule. Having clear guidelines for when to work and when you are finished helps you to maintain a work-life balance.

A good idea is to get up at a regular time each morning, have a shower, get dressed and make yourself breakfast and your morning coffee/tea before setting up at your computer for the day.



Connect. Self-isolation should not be social isolation.

Communicate with your colleagues regularly through Zoom, Skype, phone calls or whatever communication channels you are using. During this time it is important that we continue to work together, maintain connectedness and support one another.



Practice self-care.

Whether you're at the office or at home, your own health and wellbeing should be a priority. Sleep well, eat well and exercise where you can. Practice gratitude and remember to be kind – look out for your family, friends and colleagues to ensure you are keeping informed and supported.



Keep a dedicated office space and set up your work station.

It is important to designate a space to work only if you can. Having a specific space set up makes it easier to leave when you have finished work for the day.

If you can, have a comfortable office chair at home and of course watch out for 'tech neck'. Make sure your workspace is comfortable and allows you to focus without distractions.



Set your intentions for the day and schedule regular breaks.

Working from home is a good time to focus on your time management skills. Begin everyday by identifying what you need to do that day and how you intend to do it. It is important to make sure you take time for lunch and step away from your workstation to refresh.



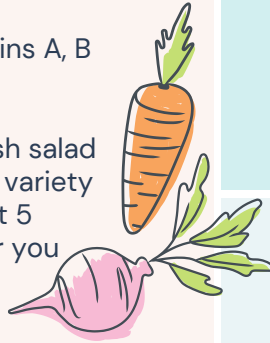
Tips for Eating Healthy during COVID-19

Healthy eating has never been so important. Good nutrition helps to build a healthy body and mind. The key to eating well is to enjoy a variety of foods from each of the five food groups.

Vegetables.

Vegetables are a great source of vitamins A, B and C as well as iron and selenium.

Include green leafy vegetables and fresh salad vegetables particularly orange and red variety ie. carrots for vitamin A. Aim for at least 5 serves a day. Add vegetables wherever you can.



Grain (cereal) foods.

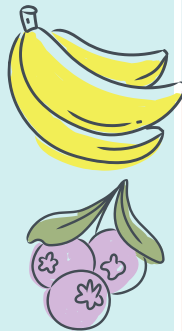
Wholegrain and/or high fibre varieties are good sources of vitamins A and B, iron and selenium: includes bread, pasta, rice, oats etc.



Fruit.

Fruit is a great source of vitamin C, which is required for a strong immune response.

Aim for at least 2 serves a day mostly fresh whole fruit or freshly squeezed (or blitzed into a smoothie with vegetables), canned and frozen also a good option.



Lean meats and poultry.

Fish, eggs, tofu, nuts and seeds and legumes/beans are a good source of protein, vitamins A, B and D, and iron, selenium and zinc.



Dairy products.

including milk, yoghurt and cheese, are a good source of vitamin A, B12 and D (if fortified).



Water.

As well as eating healthy food, drinking fresh water is the best way to keep the body hydrated.



Australia's drinking water is among the safest and most highly regarded in the world. Water utilities supply safe, high quality drinking water to cities and regions across Australia. There is no evidence that the COVID-19 virus is transmitted by drinking water.

For more information and the latest updates for the Geelong Region please go to:
www.barwonwater.vic.gov.au/water-and-waste/covid-19

Ideas to drink more water when working or confined at home:

- Have a jug that filters water at home. Keep it in the fridge or room temperature.
- Keep water on your desk and sip regularly.
- Add fresh fruit, vegetables or herbs to your water for taste, like berries, cucumber or mint.
- Make ice cubes with fruit, vegetables and herbs and put them in your water.
- Make cold or hot herbal teas.
- If you like fizz, try a sparkling mineral water, plain or essence flavoured.
- Keep track of how much you drink each day and aim for 2 litres overall (measure how much you are drinking with an app, chart etc.)

Tips for Food Access during COVID-19

If you are experiencing difficulties accessing food below are some alternatives that may help you.

Where can I get help accessing food in the Geelong region?

Feed Geelong is a food assistance organisation which can help you if you are struggling to access food. Visit the Feed Geelong website for more information:

www.feedgeelong.org.au



Will my Meals on Wheels service continue to operate?

Yes, deliveries will continue as normal. However, as the situation develops, your usual delivery time or delivery person may change. Keep updated at:

www.geelongaustralia.com.au/covid19/article/item/8d7cfec30fd0ef3.aspx



How can I support local?

For those that can it is important that we continue to support our local businesses by purchasing goods and services. You can do this by:

- Shopping online where available
- Order take-away
- Using local businesses delivery services

How can I get food and groceries if I have no family support and in self-isolation?

Victorians self-isolating due to COVID-19 with no access to food and essential supplies will receive emergency relief packages under a program introduced by the Victorian Government.

The program will support people in mandatory self-isolation, who have little or no food, and no network of family and friends to support them. Each eligible household will receive a two-week supply of essential goods.

Each emergency relief package will contain essential food and personal care items. The food packages contain staples like cereal, long-life milk, sugar, pasta and canned vegetables. The personal care packages contain items like soap, deodorant and toothpaste. Baby products are also available.

The packages will be delivered by the Red Cross or Salvation Army to eligible individuals and households in mandatory self-isolation.

It can be accessed by calling Victoria's dedicated coronavirus hotline on

1800 675 398



How and where can I get food delivered?

Major supermarkets have introduced initiatives to help individuals access food and other essential items. Many supermarkets have introduced changes to trading hours, purchasing limits on certain items and priority access to the elder, vulnerable members of our community and healthcare workers. Deliveries are also being prioritised to those who are required to self isolate. Please contact your local supermarket for more information.



Tips for Buying Food during COVID-19

What do I need?

Think of others and only take what you need.

When choosing what to buy for food storage pick items from each of the five food groups. This includes lots of fruit and vegetables, nuts, seeds, legumes and wholegrains and an adequate protein source from either animal products or vegetarian protein options. Check what you already have in your pantry and shop to fill the gaps.

It is important to be well prepared if you have to isolate. You will also be spending more time cooking and eating meals at home while you practice social distancing.

Healthy Eating Hints.

- Vegetable soups are a healthy quick meal. Make a big pot of soup and freeze in containers for later
- Flour, milk and egg makes a simple pancake mix. Add grated vegetables to pancake mix for fritters
- Microwaveable frozen meals are also suitable to have for quick and easy options



Vegetables.

It is preferable to buy fresh but canned and frozen are also ok

- Avocado
- Tomatoes
- Cucumbers
- Carrots
- Lettuce
- Mushrooms
- Onion
- Pumpkin
- Spinach
- Zucchini



Nuts and Seeds.

All types great for nutritious snacking and protein

- Almonds
- Walnuts
- Sunflower Seeds



Dairy.

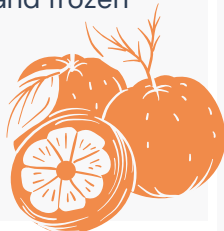
- Milk or alternative milk (long life is a good option)
- Cheese (grated can be frozen)
- Yoghurt
- Butter or Margarine



Fruit.

It is preferable to buy fresh but canned and frozen are also ok

- Apples
- Oranges
- Lemons
- Bananas
- Grapes



Meat and Eggs.

- Eggs
- Red meat (2-3 per week)
- Chicken
- Fish (3 serves a week)



Legumes – Vegetarian Protein.

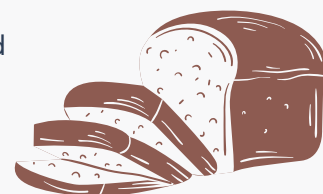
Canned lentils, chickpeas and beans are great in soups, curries and stir-fries.

- Lentils
- Chickpeas
- Kidney beans
- Baked beans



Grains and Cereals.

- Wholemeal / wholegrain bread
- Rice and pasta
- Oats
- Flour



My Shopping List

Vegetables.

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Fruit.

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Grains and Cereals.

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Nuts and Seeds.

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Dairy.

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Meat and Eggs.

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Legumes – Vegetarian Protein.

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Tips for your Mental Health during COVID-19

Physical distancing does not have to mean social distancing. It is more important than ever that we remain connected with our family, friends and community.

Keep Connected.

Social connection is important for physical and mental wellbeing.

Social distancing will mean that you will need to find new ways of staying connected to your family, friends, and the community.

- Call family and friends regularly
- Use FaceTime, Skype or Zoom to meet with people online
- Start a group chat using social media applications (Facebook Messenger)



Practice self-care.

Self-care is a commitment to make time for those activities that help you to relax and feel good. Practicing self-care gives you greater capacity to manage stress, increases resilience and can reduce symptoms of mental health problems.

Ideas – Music, Arts and Crafts, Gardening, Reading, Meditation and Mindfulness, Online learning or Movies/TV Series.



Try to maintain perspective.

While it is reasonable to be concerned, try to remember to maintain perspective and stay calm and practical. Find a healthy balance in relation to the media and try not to make assumptions.

Seek Support.

COVID-19 will affect us all in different ways, please don't hesitate to reach out for support. See a list below of free online and telephone support services.



Organisation	Phone number	Times	Service
Headspace	1800 650 890	9am – 1am, 7 days	Support for young people aged 12 and 25 and their families going through a tough time.
Kids Helpline	1800 551 800	24 hours, 7 days	Counselling services for kids and young people.
Beyond Blue	1300 224 636	24 hours, 7 days	Counselling, information and advice provided by trained mental health professionals.
Lifeline	13 11 14	24 hours, 7 days	Crisis support and suicide prevention services.
Direct Line	1800 888 236	24 hours, 7 days	Alcohol and drug counselling and referral services.
RESPECT	1800 737 732	24 hours, 7 days	Sexual assault, domestic and family violence counselling service.



Tips for your Sleep during COVID-19

Sleep is important for our physical and mental health and also helps to support your immune system.

What is good quality sleep?

There are two types of sleep - 'deep sleep' and 'dream sleep'. Good quality sleep is about the amount of 'deep sleep' a person gets, not the length of sleep. Most 'deep sleep' occurs during the first five hours after falling asleep so it is important that we develop good sleep habits.



Be consistent.

Listen to your body clock and start to develop a good bedtime routine. Try to go to bed and wake up at the same time each day (including weekends) and make sure you get enough early morning sunshine to set your body clock.

Avoid napping during the day.

Keep your bed and bedroom for sleeping; don't watch TV or use your phone in bed.

If you can't sleep.

If you haven't been able to sleep after 20 minutes, get up and do something else in dim light until you're tired and then try again.



Write down any thoughts that you have playing on your mind on a notepad to get them out of your head. Remind yourself that it is time to sleep and you will deal with any problems the next day after a good nights sleep.

How much is enough?

While sleep requirements vary from person to person, most adults should aim for 7-9 hours of sleep per day to function at their best.

The best way to figure out if you're meeting your sleep needs is to monitor how you are feeling throughout the day - you should be energetic and alert.

Good sleep habits.

Take care of your body. Tiring yourself through exercise is a good idea but try to do it in the first half of the day.

4-6 hours before bed avoid caffeinated drinks and food. Also limit your intake of alcohol and nicotine. Instead have a herbal tea such as chamomile or a cup of warm milk

2 hours before bed, avoid using devices and mentally stimulating activities. Use the last hour before bed time to relax your mind and unwind.



You could try practicing mindfulness, reading a book or listen to relaxing music.

Avoid going to bed on a full or empty stomach.

Take a warm shower or bath before bed.

Your environment is important.

Make sure you have a good sleep environment. This includes investing in a good mattress and pillow, and making sure the room is the right temperature and dark enough.