

Think positively even in times of crisis



Working from home



Establish structure

If you have to work from home, it may be a situation which is unusual for you. If so, it is advisable to create clear **structures** and to stick to a fixed daily routine. Get up at the same time as usual and plan to do specific tasks each day. Structure your **daily routine** and stay in touch with your colleagues by phone or video conferencing.

Important: Plan to take breaks!

Healthy eating

Make sure you keep to a balanced diet with plenty of vegetables and lots of fresh fruit. This will provide you with key vitamins and minerals to keep you fit and healthy. Your **meal plan** should also include whole grains, legumes and, if possible, fish. It is advisable to drink at least one and a half litres of fluid a day - ideally water or unsweetened tea.

Your pharmacy can offer advice.

Live mindfully



Take advantage of the possibilities of **mindfulness**. Here are two breathing exercises to help you get through the day.

Breathe consciously

Concentrate on breathing in through your nose and into your stomach and then into your **chest**. Put one hand on your stomach and feel your stomach lifting and falling, observe how the **air** flows into your body and out again. Spend at least five minutes on this.

Breathe to relieve stress

It can be especially calming to **exhale** for longer than you **inhale**. Count to four as you breathe in and to six as you breathe out. Watch how your chest lifts and falls or observe how the air flows in through your nostrils. Do this for a few minutes to control your breathing. Then release this **rhythm** and observe how your breath starts to flow freely again. This exercise is ideal in times of stress or to help you go to sleep.

Think positively



Use the power of positive thoughts. Here are a few examples:

Give yourself encouragement

A simple way to cheer yourself up is by saying powerful phrases such as "I can do it", "Keep smiling" or "Now's the time". And if everything gets too much for you, the following phrase might help you: "**Stay calm, this too will pass!**"

Positive reinforcement

Stressful situations don't usually leave much time for nice things. A **positive look back at the day** will help you notice more of what went well. Make a note of what makes you feel good, what you want to continue with and expand on. It is important to recharge your **own batteries**. Every positive experience or good conversation can play a part in this.

This might even be the perfect time to start writing a **diary**. Use the time at home to do something you have always wanted to do - sort out old photographs, paint a picture or write a letter! Stay in touch with friends and family. Call them, email or use chat features, this helps to generate positive thoughts.

If this doesn't help, or if depression sets in, you should not hesitate to seek professional help. Contact **counselling services** by phone. Churches provide a wide range of services.

Keep fit at home



Simple suggestions for how you can stay healthy at home.

Daylight gives you strength

Look out of the window, go out onto the balcony or into the garden as often as possible. **Sunlight** boosts the production of the positive mood hormone serotonin. There is also another advantage - UV rays help your body produce vitamin D, which is extremely important for bone formation and muscle strength.

Water bottles as weights

Instead of dumbbells at the gym, plastic bottles filled with water or sand are ideal for weight training. **A great exercise to strengthen the upper body:** Lift the bottles with your arms stretched out to the sides at shoulder-height. In this position, twist your arms in and out. Repeat the exercise several times depending on your level of fitness.

Isometric exercises

You can do this type of training - tensing and relaxing muscle groups - in almost any situation. For example: push your palms together in front of your chest and release the tension after about ten seconds. You can activate almost all muscle groups in the body in the same way.

Detailed information about coronavirus is available online at
www.apotheken-umschau.de



Stay informed, stay healthy