

## Mental health and Physical fitness during COVID-19

**“When we are no longer able to change a situation, we are challenged to change ourselves.”**  
- Victor Frankl

Dear JNNCE family,

Coronavirus has affected all aspects of our lives and the constant news about the pandemic can feel never-ending. Not only is it impacting our physical health but it is taking its toll on everyone's mental health too. Staying at home, social distancing and self-isolating are crucial in stopping the spread of COVID-19, but they can affect us psychologically. So what can we do to support our physical and mental well-being during this time?

### What and How to do? (For adults of all ages)

#### 1. Maintain a fixed routine

- a. Morning wakeup on time get some exercise, have breakfast
- b. Noon-Evening work/study, lunch, engage children
- c. Later on day family time-TV/Games. Avoid late nights, sleep on time.

#### 2. Stay physically active during lockdown

WHO recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both. Few of which are listed in the below websites.

- a. Range of motion/Stretching exercises
- b. Lift weights
- c. Aerobic exercises jumping jacks, skipping
- d. Yoga and mat Pilates

For more visit :

<https://bit.ly/2Vlygdd> (from WHO)

<https://youtu.be/7zY9A28YmFE> (PM's Yoga Sessions)

<https://www.youtube.com/watch?v=1FEzTXkEmo> (Ladies)

<https://youtu.be/QS4Dw12CsJs> (Gents)

#### 3. Virtual Social interactions via group chats/calls etc

- a. Call or video chat regularly with friends and relatives
- b. Keep some time exclusively to spend with children

#### 4. Learn something new

- a. A new skill like a Musical instrument, Rubik's cube etc
- b. An online course
- c. Learn to cook/bake something new

For more visit :

<https://www.khanacademy.org/>

#### 5. 'NO' to, plugging into 24 hour news cycles

### Benefits:

- a. Lifts mood, which is critical when faced with the challenge of staying inside
- b. Learning new things or being creative
- c. Helps with weight management, disease prevention, and mental health
- d. Being fit and being ready to engage soon after lockdown

For More details visit:

[https://www.youtube.com/watch?v=g2JNs4\\_xO6k](https://www.youtube.com/watch?v=g2JNs4_xO6k)

<https://www.youtube.com/watch?v=0P972-fW6vQ>

### What and How to do? (For Children)

1. Spend exclusive time with children
2. Ask them to help in your daily works like in kitchen to bring some vegetables, spoon etc
3. Make them learn OR involve with them to learn something new
  - a. Music instrument
  - b. A simple science experiment
  - c. Simple game like tic-tac-tow etc
  - d. Painting/story telling

#### 4. Physical activity

All children and adolescents should do at least 60 minutes a day of moderate to vigorous-intensity physical activity, including activities that strengthen muscle and bone, at least 3 days per week(As per WHO, link specified).

For more visit :

[who.int/news-room/q-a-detail/be-active-during-covid-19](http://who.int/news-room/q-a-detail/be-active-during-covid-19)

<https://youtu.be/7TjSnzyLjro>

### Benefits:

- a. Even they feel engaged and cared
- b. In the process they will learn
- c. Not distracted towards unwanted things

For More details visit:

<http://arvindguptatoys.com/>

<http://www.sciencefun.org/kidszone/experiments/>

<https://scienceutsav.com/>

<https://twinkl.co.in/resources/india-resources>

[https://learn.khanacademy.org/khan-academy-kids/?utm\\_source=youtube](https://learn.khanacademy.org/khan-academy-kids/?utm_source=youtube)