

HOW TO STAY HAPPY & HEALTHY AT HOME

In this time of change, there are lots of online ideas and information about how to stay healthy and well. We have taken some of that information and put it in our newsletter to make it as easy as possible for you and your family to feel inspired and help you feel good despite recent developments. Enjoy!

KEEP MOVING

Even though we cannot go to the gym or the local leisure centre now, there are still lots of ways we can exercise from the comfort of our homes and you do not need a garden or a lot of space.

When we exercise, we release endorphins, which are the chemicals that make us feel good. The quickest, easiest and cheapest way to enhance how you feel is simple. Move more. The whole family can do something whether it's jogging on the spot, dancing, yoga, star jumps, and lunges or if your mobility is limited, you can do exercises whilst seated. Housework and gardening is also a good way to stay active.

There are so many free online programmes and videos available now we could not list all of them, but below are some to point you in the right direction:

Children need 60 minutes of physical activity every day. Keep your child active at home with Joe Wicks' free PE lessons streamed live every weekday at 9am on his YouTube channel, The Body Coach TV.

[Visit Joe Wicks PE workout](#)

[You Tube Kids](#) has a range of fun dance routines for kids including Zumba workouts. Kids can also keep active with [Disney's 10-minute shake-up](#) games and [Disney Dance-Alongs](#).

For adults, there are just as many, if not more, programmes you can try out to help you keep moving. Find a programme/trainer (online) that you enjoy and stick to it. Just 20 minutes of exercise a day can have significant effects on your physical and mental wellbeing. YouTube has an enormous number of options.



Adults can try 500 free workout videos from Fitness Blender.

Visit www.fitnessblender.com and Les Mills.

Visit watch.lesmillsdemand.com/at-home-workouts

At the NHS online Fitness Studio, you can take your pick from 24 instructor-led videos across our aerobics exercise, strength and resistance, and Pilates and yoga categories. The workouts have been created by fitness experts and range from 10 to 45 minutes. Visit www.nhs.uk/conditions/nhs-fitness-studio

Sport England has a directory full of ideas how to stay active whilst at home. Check it out. Visit www.sportengland.org/news/how-stay-active-while-youre-home

Peloton the makers of the indoor exercise bike, have online live classes as well as videos of workouts which you can access free of charge for 90 days.

Visit www.onepeloton.co.uk

[Willesden Sports Centre](#) and [Vale Farm Sports Centre](#) also have on line videos and memberships so you can keep active whilst at home.

CREATE A ROUTINE

There is no right or wrong way to enjoy your days at home yet feel like you have achieved something. For some, having a loose plan about what you want to accomplish will do, for others, a schedule helps the running of the day. You can make your own or there are several apps available that can help to plan your day, such as [Habitica](#)



Start your day with a healthy breakfast and some physical activity (see activity ideas), followed by some learning with regular active breaks. If you are working from home, if possible try working in a separate space to minimise distractions. After lessons, schedule in creative activities such as arts and crafts, reading or playing musical instruments. Consider limiting your child's screen time. However, it is important that everyone has some 'down time' too. Try to make sure your child gets to bed at their normal bedtime and factor in some time for yourself to enjoy the evenings healthily.

EAT WELL

Eating healthy meals will strengthen your immune system and boost your mood. Where possible try to prepare meals that include; a variety of vegetables (fresh, canned or frozen); starchy foods such as potatoes, rice or pasta; and protein such as beans, fish, eggs or meat. Stay hydrated by drinking 6 to 8 glasses of water daily. Between meals, eat healthy snacks such as yoghurt, fruit slices, chopped vegetables with hummus, plain crackers, plain popcorn and rice cakes. Limit sugary snacks, which can cause tooth decay, poor concentration and weight gain.

If you are spending more time with the children, try cooking or baking together. Change4Life have lots of easy and affordable recipes online and via their app 'Smart Recipes' available to download free from the App store and Play Store. For inspiration visit www.nhs.uk/change4life/recipes

BBC Good Food has an abundance of healthy recipes for all tastes, dietary requirements and cultural preferences. Check out www.bbcgoodfood.com/recipes/collection/healthy-kids

Another idea to try could be Get Kids Cooking with Jamie Oliver www.jamieoliver.com/features/category/get-kids-cooking/





LOOK AFTER YOUR MENTAL HEALTH

If the news is making you anxious, limit the amount you watch, read, and only read good quality information and advice on the virus at GOV.UK and WHO.

Stay socially connected with friends and family regularly on either social media, email, phone or video chat. Exercising and eating

well will help manage stress and anxiety, and you can try breathing exercises, yoga, meditation or mindfulness to help you stay calm and to relieve stress.

The NHS have developed a page dedicated to helping everyone cope with the coronavirus outbreak www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips

Gozen is a great online resource for children, teenagers and adults to help deal with anxiety.

They have lots of clear, meaningful and easy to understand videos and strategies on either their website or their YouTube channel.

The NHS Livewell webpage has ideas for looking after your mental wellbeing, breathing exercises you can try to lower anxiety, and information on mindfulness. Use the [Sanvello](http://Sanvello app) app to reduce your stress and anxiety, and for guided meditation, download

the Headspace app. For more information on looking after your mental health, visit the Mind website, and if you are feeling emotional distress or are struggling to cope, call your local Samaritans for emotional support (children can call Childline).

Other useful website places to visit

Brahma Kumaris is an organisation designed to help bring about inner peace irrespective of one's faith or culture. All activities are free and include online talks, meditation and mindfulness courses and much more are available at www.brahmakumaris.org

www.wembley.innerspace.org

www.globalcooperationhouse.org

www.mind.org.uk

www.mentalhealth.org.uk



CONTINUE LEARNING

Your school will provide you with resources and ideas so your child can continue their learning from home. For additional ideas, kids can play fun, educational games on the BBC Bitesize website and watch curriculum videos on BBC Teach. Timetable Rockstars are currently offering free full access and also ask your school for more ideas. After lessons, keep kids busy with arts and crafts (see YouTube Kids for ideas), board games, audiobooks, podcasts, books or ebooks from your library, or with a language app such as Duolingo or Memrise.

Amazon audio are giving everyone free access to their audible stories for children and students whilst the schools are closed. An incredible collection of stories, including titles across six different languages that will help them continue dreaming, learning and just being kids. All stories are free to stream on your desktop, laptop, phone or tablet. Visit www.stories.audible.com/start-listen

The world famous Cirque du Soleil have put together a special 60 minute show for everyone to enjoy Cirque de Soleil www.cirquedusoleil.com/cirqueconnect

Learning is not just for children. Adults can learn something new too. The Open University (specialists in distant learning) are giving away free university online courses (usually they cost £100's). A great time to sign up to learn something new. www.open.edu/openlearn/free-courses/full-catalogue

Remember that although Brent libraries are closed, there is a large catalogue of books, magazines, comics, audio books, learning resources and reference books available online. You just need your library card and PIN number. If you are not a member, you can still join online. Visit www.brent.gov.uk/services-for-residents/libraries

The opportunities are endless as to how you can spend your time. Here are just some ideas to get you started:

- Reading
- Meditating
- Gardening (remember you don't have to have a garden to enjoy planting and seeing things grow)
- Exercise
- Cooking/baking
- Doing puzzles
- Playing board games
- Writing a journal
- Doing an online course
- Learning a new language
- Decluttering that cupboard/room
- Learn an instrument
- Learn to play chess
- Catch up on a boxset

...and of course please remember to check in with loved ones.

BE OPEN

Your children will be hearing about coronavirus and may be feeling anxious. It is important that you make them feel safe, but be truthful and speak calmly and reassuringly. Give them space to share their fears and help them feel in control by giving them specific things they can do, such as getting lots of sleep and washing their hands. Talk about what is happening to keep people healthy and regularly check in with your child and answer their questions.



For details on how Brent council are dealing with the pandemic and what support you can receive, please visit www.brent.gov.uk/coronavirus
Need urgent support? Call our helpline for support on **020 8937 1234** open 8am to 8pm, Monday to Friday or email coronavirus@brent.gov.uk

PROTECT YOURSELF AND OTHERS
Sign up to receive the **YourBrent** e-newsletter for the latest coronavirus advice