

## GET ENOUGH SUN

The benefits of sunlight on your health are:

Strengthens  
your  
body

Improves  
your  
sleep



Fights  
off  
depression

Reduces  
your  
stress

early in the morning before  
peak temperatures

\*During extreme hot seasons, it is safer to  
get your daily sun exposure before 9am\*

Sunlight helps your body to make  
vitamin D that keeps your calcium  
levels stable.

Activities that you can do to get daily sun



You can  
walk your  
dog



You can  
do  
gardening

Remember  
to wear  
sunscreen  
at least  
30 SPF

## GET ENOUGH SLEEP

Better  
sleep



Better health  
Better mood  
Better memory

Adults need  
at least



Can't sleep? TRY this ...



Reduce your  
bright light  
and  
TV time  
before bed



Cutoff caffeine  
later in the  
day



Light up  
oil diffuser



Plan a routine  
and stick to it

Children and  
teens need  
MORE than



Exercise

## BE MINDFUL

How can you  
practice  
mindfulness?

- Work on your breathing
- Go for a nature walk
- Keep a journal
- Take a warm bath

understand  
what you **need**  
what **comforts** you  
what **nourishes** you

It helps you  
manage stress,  
anxiety, and  
depression



Be kind and patient with yourself;  
you have been through a lot in this  
pandemic.

## FREE RESOURCES

Call 2-1-1 to request help on:

Housing and eviction \* Food insecurity \*  
Transportation needs \* Mental services \*  
and more

Consider connecting with your  
community centers, local libraries, parks,  
and religious organizations for ...

Workshops \* Local hiking \* Bird watching clubs \*  
Arts and crafts \* Reading clubs \* Free yoga \*  
and more

Watch this video for strengthening exercises  
with household items

<https://www.choosept.com/video/upper-body-strengthening-exercises-using-household-items>

Watch this video for tips and exercises for older  
adults

<https://www.choosept.com/health-tips/maintaining-health-fitness-tips-exercises-older-adults>

National Suicide Prevention and Crisis Lifeline  
Call 1-800-273-TALK (8255)

# PRACTICE SELF-CARE



during the COVID-19 pandemic  
and beyond

## WELLNESS TIPS



This educational material does not provide medical advice.  
Always confirm with your doctor before changing your health care  
regimen.

Adapted from the following references (February 2022):

Harvard T.G Public Health: <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>  
Center for Disease and Prevention: <https://www.cdc.gov/sleep/features/getting-enough-sleep.html>

<https://www.cdc.gov/nutrition/resources-publications/benefits-of-healthy-eating.html>

World Health Organization: <https://www.who.int/initiatives/behealthy/healthy-diet#:~:text=A%20healthy%20diet%20is%20essential,are%20essential%20for%20a%20healthy%20diet.>



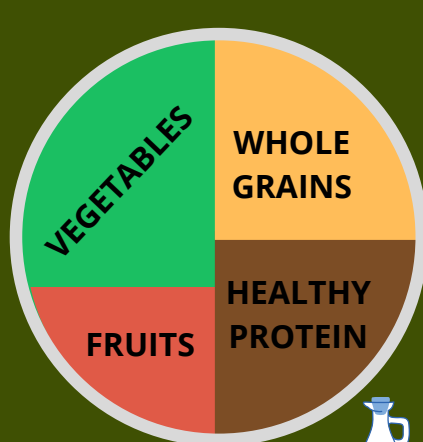
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## EAT HEALTHY AND NUTRITIOUS FOODS

A balanced diet is important for good health and nutrition.

- It protects you against heart disease, diabetes, obesity, and cancer.
- It helps you to maintain optimal weight.
- It boosts your mood and helps you cope with stress and anxiety.

Follow this recipe to eat healthy



### WATER DAIRY

Drink water, tea, or coffee (with little or no sugar).

1-2 servings per day of dairy/milk



### HEALTHY FATS AND OILS

The following tips vary depending on your health status, age, and sex. Always confirm with your doctor.

### VEGETABLES AND FRUITS

1/2 of your plate: the greater the variety, the better. Try fresh and raw.

#### CHOOSE

- Colorful bell peppers
- Leafy greens
- Asparagus
- Broccoli

### WHOLE GRAINS

1/4 of your plate: grains have fiber that can improve your digestion.

#### CHOOSE

- Quinoa
- Brown rice
- Oatmeal
- Sweet potato
- Wheat pasta

## HEALTHY PROTEIN

1/4 of your plate: proteins build, repair, regulate, and supply oxygen to your cells. Go lean with protein.

#### CHOOSE



- Fish
- Chicken
- Beans/peas
- Nuts

## HEALTHY FATS AND OILS

Fats and oils are a great source of energy. Try steaming or boiling instead of frying.

#### CHOOSE



- Olive oil
- Soybean oil
- Canola oil
- Avocado

## DAIRY

Calcium and vitamin D rich foods fortify your bone growth.

#### CHOOSE



- 1% or skim milk
- Greek yogurt
- Natural or low-fat cheese (e.g., panela cheese)



## SALT INTAKE

Less than a teaspoon per day helps reduce your blood pressure.

#### CHOOSE



- To remove the salt shaker from your table
- To get "iodized or fortified" salt

## More tips ...

Search for: **Read your nutrition labels**  
 Low % sugar  
 Low % sodium  
 Low % trans and saturated fat



### Make an eating schedule

- 3 meals and 2 snacks (do not skip your meals)
- If your work schedule permits, plan your meal and grocery list.



**Remember, try to self-discipline and avoid "emotional eating" due to stress that may be related to the drastic changes surrounding the COVID-19 pandemic.**

## STAY HYDRATED

Water is the most important nutrient and is involved in every function in your body.

- It maintains a healthy blood level.
- Dehydration can make your blood thick, which can cause heart diseases.

### Drink



water with fruit and no sugar

### Drink



per hour

### Carry



with you

## STAY ACTIVE

Physical activity helps your physical, mental, and social health by improving your...

### Strength

### Breathing capacity

### Endurance

### Stress and anxiety level

Listen to your body and plan to ...



Take the stairs



Walk Run Bike



Do some gardening in your yard



Park at the end of the parking lot

**30** minute sessions

**5** days a week

\*Remember to stretch daily