

**Healthy Living Focus**

**Keeping healthy in lockdown!**

**Hello and welcome to the healthy living focus, this week we are focusing on Coronavirus. There is no doubt this year has been challenging for everyone, and in this edition we are focusing on keeping healthy during lockdown. It is important to make sure you look after your health and wellbeing, read on to find tips for staying healthy and fighting feelings of isolation during lockdown.**

**Eat well!**

**A healthy diet is not only important for our physical health, but also for mental wellbeing. A diet rich in fruit, vegetables, and foods such as wholegrain pasta, fish, eggs and yoghurt has been proven to boost mood and brain function.**

**Food to boost immunity**

* **Oranges**
* **Sweet potato**
* **Red peppers**
* **Broccoli**
* **Brazil nuts**

**Aim for 5 portions of fruit and veg a day**

Spend time in nature

* + Try to plan your day to get the most out of natural light. For example, you could try sitting by a window where you can look at the sky or trees, or watch birds and other animals. This can help give you a sense of space.
	+ Wrap up warm and go for a walk in daylight hours





Sleep soundly

**Going to bed and waking up at a similar time each day can help maintain a sense of normality. A regular sleep routine can help to prevent conditions such as diabetes and obesity!**

**Aim for 7-9 hours a night**





**Feel the benefits of exercise!**

Exercise releases chemicals in the body that make us feel good, and it's also been linked to better sleep, reduced stress and anxiety. While time you can spend outside might be limited during lockdown, going outdoors, even briefly, has been shown to improve people’s wellbeing.

**Why not put on some music and clean your room? Go up and down the stairs? Follow an online workout video?**

**Aim for 30 active minutes a day**

Keep connected

Now more than ever we need our friends. Evidence shows that social connection is as important for our health as diet, movement and sleep!

* **Arrange a video call with a friend.**
* **Do a housebound activity together such as a craft or drawing.**
* **Go on a virtual walk together**
* **Arrange a virtual dinner date**

**Do something you enjoy!**

**Lockdown could provide the perfect opportunity to start a new hobby, or do something you previously didn’t have the time for! Gardening, cooking, puzzles, sewing, learning to meditate, or reading that pile of books on your bedside?**



**It is important to remember that things might feel hard right now, but this situation is unusual and it won't last forever. For further advice and support during lockdown visit**

**https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/**

**Expert Support**

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 **Recipe of the week!**

Sweet potato, coconut and spinach curry



Ingredients

* tsp sunflower oil
* 1 white onion, diced
* 400g sweet potatoes, chopped in to chunks
* 1/2 Tbsp curry powder
* 1/2 tsp turmeric
* 250g baby leaf spinach
* 25g ground almonds
* 1 green chili, sliced
* 1/2 tin of reduced fat coconut milk
* squeeze of lime juice to taste

Method

* 1. In a wide heavy-based pan, fry the onion in the oil with a lid on to soften for about 5 minutes. Stir in the sweet potato chunks, curry powder and turmeric.
* 2. stir in the spinach, a little at a time, then add the ground almonds and chilli. When the spinach is all in the pot and begins to wilt, pour in the coconut milk, stir well and put the lid back on.
* 3. Allow to simmer, stirring from time to time, for about 20 minutes until the potatoes are cooked. Take the lid off and let the curry reduce down to a thicker consistency
* 4. Finally, stir in the lime juice. Serve with boiled rice.



**Meet our healthy living coordinator, Claire. Who is responsible for our newsletter and healthy living project.**

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at healthyliving@nortonhousingandsupport.org.uk