

Tips of the Week

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There are factors that contribute to high quality sleep hygiene, some of which are: establishing a regular sleep schedule and avoiding exercise, stress, light and stimulants before bedtime.

Sleep deprivation can have an adverse impact on your overall health.

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When supporting someone with COVID-19, it is important to limit exposure to that person.

Keeping a clean environment and washing hands frequently helps prevent the spread of infection.

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It is important to be informed, prepared and involved when navigating a pandemic.

During a pandemic, medication passports are very important communication tools to identify both current medications and the reason for discontinued medications.

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To manage our present stress, accept that you must focus on the things that you can control that keep you safe.

Regular physical activity benefits both the body and the mind.

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We can reduce our anxiety and increase our sense of well-being by changing our negative thoughts to positive ones.

Maintain a sense of control over your life by keeping a daily routine which includes hygiene and sleep, and by using assertive communication.

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