

COVID-19

I work from Home now



Dear All,

During this time of uncertainty and ongoing fear (thanks to Whatsapp University & other social media sources), it is time for us to sit back, relax, and introspect. We are sure that by the grace of God and the untiring interventions of professionals, this phase will soon be over and we shall be back to our normal routines in no time.

Since all of us are 'social distancing' and working from home, here is some advisory that can help you, if not fight the virus, then at least develop a strong immunity as most of the fatalities due to Covid-19 are attributable to an existing ailment or weakened immune system.

1. Wake up early

This should not be a reason for you to laze around and stay tucked under the blanket in your pajamas for long. There are numerous advantages of waking up early – a longer day, time to introspect, and meditate in the tranquility of early morning; the list is endless.



2. Workout

Most of the gyms and workout places like swimming pools have been shut down, but that should not discourage you from working out.

Following sets of basic exercises listed below may give you enough workout:

a) Jumping Jacks b) Spot Running c) Squats d) Push Ups e) Burpees
f) Planks g) Abdominal crunches

You do not need a partner or any equipment to do these exercises. Set your own reps, sets, and speed but try and do all of them in a circuit. Increase reps and sets as you advance.

In fact, doing your dishes and cleaning your house is another physical activity you may like to indulge in.



3. Nurture your Hobby

Be it gardening, reading, clay potting, cooking, etc. , this is the time to go for it during your non-working hours. Staying active and aware is the key to survival. Developing or nurturing a hobby will help you develop your right brain too.



4. Eat Healthy

Processed and packaged food is best avoided. Eat seasonal vegetables & fruits. Those fruits that even nature doesn't support here may be of little or no use to you. Remember, our body will never permit us to overeat healthy food but the brain won't trigger you to stop if you eat junk – introspect and decipher for yourself.



5. Sleep Adequate

It is important to catch enough sleep but that doesn't mean you sleep till late. In fact, finish your dinner latest by 7 p.m. and sleep by 10 p.m. switching off your Wi-Fi routers and phones is a great idea to help you get sound sleep.

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