



## TAKING CARE OF YOUR PHYSICAL WELLBEING

Business in the Community promotes a whole person approach to wellbeing that includes mental, physical, social and financial aspects. All these areas of your wellbeing may be at risk due to COVID-19. The following are steps to encourage good physical health.

### Take regular exercise

Exercise Releases anxiety-reducing chemicals and acts as a healthy distraction. The NHS has guidance on [gym-free exercises](#) and YouTube is a great place to access free instructional home workout videos. Tune in to [PE with Joe](#) to take part in 30 minute workouts every weekday morning.

### Get up regularly

Take breaks to stretch and get fresh air

### Eat healthy

Good nutrition has a positive impact on your mood

### Avoid nicotine, caffeine and alcohol

These can make anxiety worse

### Develop a bedtime routine

To improve the quality of your sleep

For more information, support and guidance in relation to COVID-19, visit [www.bitcni.org.uk](http://www.bitcni.org.uk) or contact [info@bitcni.org.uk](mailto:info@bitcni.org.uk)



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