



THE WORKWELL NOTECARD COVID SERIES

This is your WorkWell-being toolbox to help you through the various difficult emotions you might face during this difficult time

NUTRITION

W WORDS



**“Let food be thy medicine,
and medicine be thy food”**

Hippocrates

E EXERCISE

HYDRATION STATION



Try to drink a glass of water before your meal.

This does two jobs for the price of one!

It will hydrate you and help your stomach to feel a bit more full and gives you some time to think before eating. This means that you can make better decisions with your food choices as well as avoid overeating/stress snacking!

L LINK



Lockdown has allowed some chefs to share their talents online! Take a look at this Evening Standard article which shares some YouTube links to chefs who are sharing their recipes with you.

<https://www.standard.co.uk/go/london/restaurants/youtube-chefs-uk-home-cooking-coronavirus-inspiration-a4397146.html>

L LAST THING

Boost Your Immunity



Vitamin C, Zinc, Vitamin D, Vitamin A, Selenium, Quercetin, Bromelain and Antioxidants can all up-regulate our immunity. Eat a rainbow of fruits and vegetables, nuts and seeds and herbs and spices for an immune boost - and take a step out into the sunlight!

WORK WELL, LIVE WELL,
STAY SAFE EVERYONE!



@theworkwelldoctors



www.theworkwelldoctors.com
theworkwelldoctors@gmail.com