

NetballSmart Wellbeing | The Lockdown Lowdown



KEEP A ROUTINE

Simple things like making your bed, getting ready for the day and following your usual routines can help you feel in control and stay motivated!



EAT WELL & HYDRATE

Good nutrition and hydration are key to maintaining health, giving you energy and boosting your mood. Eat plenty of colours and use this time to try some new healthy recipes!



STAY ACTIVE

We know that being active is one of the best things we can do for both our mental health and immunity. Do what you enjoy, get creative and feel the physical and mental benefits. See www.netballsmart.co.nz for ideas!



SLEEP NORMALLY

Try to go to bed and wake up at the same time each day to maintain a healthy sleeping pattern. Avoid screens before bed and use relaxation strategies to promote sleep.



BE KIND

The current climate is new for everyone. Practice compassion toward yourself and to those around you. We are all in this together!



STAY CONNECTED

Keep in contact with loved ones, friends and teammates. Use this time to appreciate the value of connections and community rather than material things.