

— 4 TIPS —

on working and staying healthy
during the

MCO period

1



"Boost your immune system by maintaining a healthy diet!"

EAT HEALTHY

- Avoid picking up emotional eating habits.
- Choose healthier snack options, eg fruits, mixed nuts, celery sticks.
- Try new healthy recipes.
- Don't overeat — eat in moderation and include plenty of fruits and greens.

2

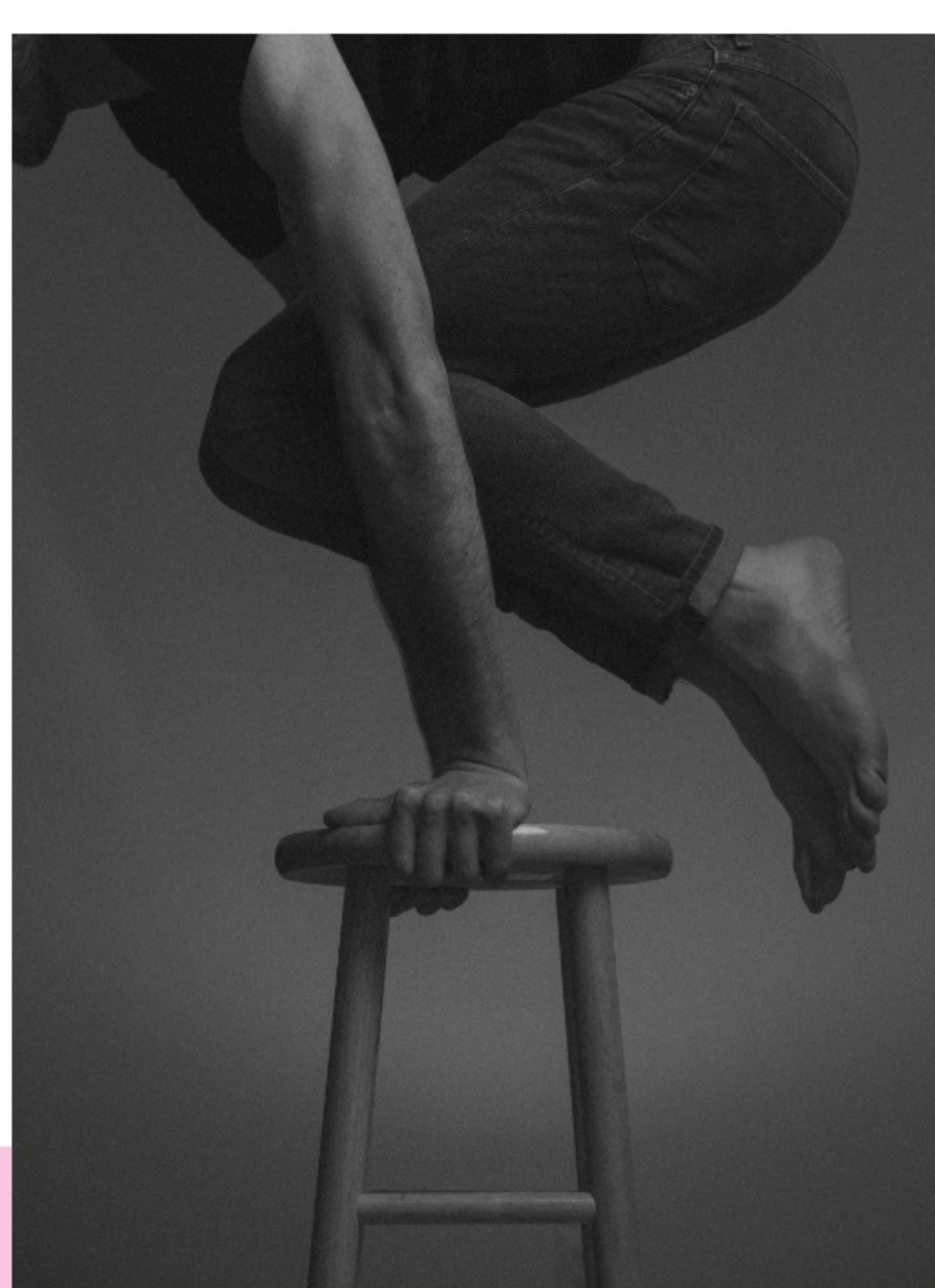
SET A NEW ROUTINE AND FOLLOW THROUGH

- Explain the change of situation to younger children to get better cooperation.
- Draw a timetable to schedule time for work, family and household chores;
- While doing office work, arrange an activity so the children (or pets) are equally occupied.
- Have meals together — stretch it out further by having a meal together with extended family, friends or colleagues through video-conferencing.
- Allocate time for physical activities and to get sunlight.



"Alone we can do so little; together we can do so much."
– Hellen Keller

3



"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do, you have to keep moving forward. – Martin Luther King Jr"

PHYSICAL ACTIVITIES

- Lift weights — alternatively, fill water bottles and use them as dumbbells or fill a sandbag and carry the weight around.
- Skipping rope — alternatively, use the rope and do a battling rope exercise with a partner.
- Practice yoga, tai-chi or qigong (chikong) — alternatively, do stretches and breathing exercises.
- Zumba dance and aerobics — alternatively, just put on some upbeat music and dance!

4

KEEP YOUR MIND HEALTHY

- Learn to stay calm — don't panic!
- No need to go out unnecessarily — prioritise the health and safety of you and your loved ones (or housemate) by adhering to the MCO!
- Don't believe everything you read that aren't from reliable sources — fake news is bad news!
- Don't spread unverified news — fake news stops with you!
- Cultivate positive emotions — let go of what you cannot control, take consciousness of the situation and think how to act!
- Remain socially connected — have a good chat with your loved ones, friends and colleagues through social media, texting, video-conferencing or the old-fashioned phone call!
- Put your skills to good use — make a difference from within your home!



"I am aware that some of you may find these measures to be extremely cumbersome as you go about your daily lives. However, these measures are necessary in combating the virus, which may still threaten the lives of our people. – YAB Tan Sri Dato' Haji Muhyiddin b Haji Mohd Yassin"

#STAYSAFE #STAYHOME
#DUDUKRUMAH #KITAJAGAKITA

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