



HARA
Empowering caring transformations
Nutrition and Lifestyle therapist
MS Clinical nutrition
Certified Health coach
AFMCP certified
Wechat ID: HaraGC
haraguigouc@hotmail.com

CARING SHANGHAI (V.2)

During this time of uncertainty, taking care of oneself may be a great ally. Here are some **recommendations to support your well being** during this lockdown period.

*The resources and links listed below might be free or charge or not, but they still are resources that can support your wellbeing. **Please support local business as much as you can. I do not have any commercial interest with any of these resources, this is just my way to spread some light and energy.***

The contents of this handout are for informational purposes only. You take full responsibility for you and your family and assume the risks of trying these suggestions .

BE KIND!!

to yourself and others, in times of uncertainty an extra dose of **compassion** is always welcomed!

KEEP A ROUTINE!!

What about:

- **setting times and routines for wake up and sleep times.** Example of sleeping routine: chose a regular time for sleep, stop screens ½ hour before bed time (or even earlier if possible), create routines helping to settle down such as hugging or calling a loved one, journaling, taking a hot shower or bath, using some essential oils, or listening to some audio books (available on Spotify, online, iTunes, etc.)
- **setting times for meals and sharing** them with family or roommates. If you are quarantining alone what about organizing video-meal-session with friends, family, or colleagues?
- Planning meals around the foods that are available at this time. Here are some helpful apps that suggest recipes from food available: **Supercook and Frigo Magic**
- **Planning activities:** working, cleaning time, play time, etc.

Apps for cooking around available foods



GET READY FOR THE DAY!!

Taking a shower and dressing for the day will inform your brain that you are ready for the day! What about doing some breathing and journaling, to set an intention for the day, they will help to support your energy and focus!

STAY HYDRATED!!

Hydration is key for every single part of your body. Maintain adequate hydration by **drinking about 1.5 of water or more per day** for adults (adapt to your needs). Invite your children to keep hydrated and do not forget your pets and plants!

Caffeine and teas have many benefits but can also be dehydrating due to their diuretic properties. Enjoy them with moderation. In addition, caffeine may spike cortisol, the stress hormone and thus disrupt sleep. If you are feeling nervous or anxious and having troubles to sleep, limit caffeine intake. Herbal teas might help.

ENJOY FAMILY/SOCIAL TIME!!

Why about making **some space for shared meals**, to enjoy some **game boards** or a **movie night!** If you are alone in your apartment, **keep in touch** regularly with friends and family via telephone and video conference.

FAMILY TIME : some local resources for the entire family:

Please also refer to the below point "**Enjoy Moving**"- there are some activities for kids there too

Jitterbugs Community Help

Wechat group with plenty of resources **specially for babies!** Add this contact to be admitted in the group



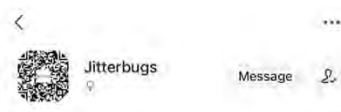
Family Fun

Wechat group with news about kids' activities



Jitterbugs

Free online activity resources for little ones on this channel:

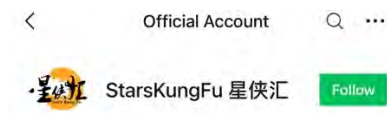


Positive parenting : online webinar

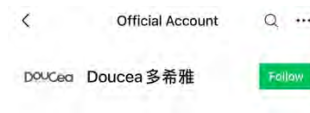


StarsKunfu: Free online Kungfu classes for kids during quarantine

Wechat account: Starskungfu



Doucea: Free online beauty routine for kids. Scan QR code



Capoeira: Online capoeira classes for kids

Wechat account:
AlexCapoeira



Craft'd China:

Free Activities for kids in this official account: Craftd



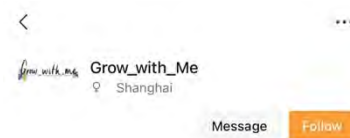
KITIVITY: ideas for activities at home

Wechat channel: Kitivity



Grow with me: play ideas with kids at home

Wechat channel:
Grow_with_me



Some online international resources

On internet you will find many other resources. Google: type "indoor activities kids or activities kids quarantine" and you will find many suggestions.

This link below has quite some creative suggestions for activities with kids:

<https://www.chickenscratchdiaries.com/indoor-activities-for-kids/>

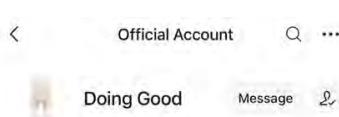
ENJOY MOVING!!

Plan some time for caring movement. If you have any sport equipment such as ropes or an indoor bike this is a good time to enjoy them; **NO EQUIPMENT, NO WORRIES**, you can always enjoy moving by doing simple things such as dancing (why about inviting your children or partners to join or doing a video session with your friends), walking 10 minutes from room to room or anything supporting blood circulation and oxygenation. If you are looking or want to discover some more specific workouts what about trying the below resources; some are free, some are not, but I hope you will find some inspiration. Please adapt movement to your preferences and level!

MOVING - Some local resources:

DoingGood by Marie: Yoga

Wechat official account: DoingGood



Aboro Academy: Cardio, strength, boxing, yoga, kids boxing Wechat service ID: ABORO667



MiA FitLife : innovative fitness coaching

Please scan QR code



Kobby Harding: AfroDance

Wechat channel: kobbyHarding



Yoga by Albane: Vinyasa and more

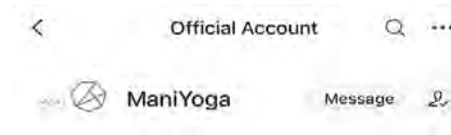


Shona Dance: hip hop kids. Parent kind, rumba flamenca, dance fit, personal training Wechat ID: shonamg



Mani yoga (mainly Chinese): Yoga

Wechat official account: ManiYoga



Some online international resources adapted to all. Check on the net (mainly on youtube by typing name listed below)!

- Yoga with Adriene
- Grow with Jow (gentle work out)
- The Fitness Marshall (fun dance)
- Walk at home (low impact)

For more specific resources check on the web. There are many resources out there. Take care and chose wisely! This site have some suggestions for all levels:

<https://www.healthline.com/health/fitness/free-youtube-fitness-channels>

Take some RELAXING moments and look for SUPPORT!!

Relaxing does not have to be long or expensive, simple things such as: asking for a hug, listening to a joke, breathing, doing some simple mediation, colouring, and drawing, looking at beautiful pictures, listening to music, taking a shower, taking care of your plants or using some essential oils are all of great ideas. Looking for support is also a great way to take care!

Some local resources:

Aboro light center: free meditation sessions

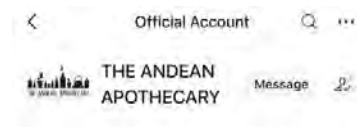
Wechat Aboro service ID: ABORO667

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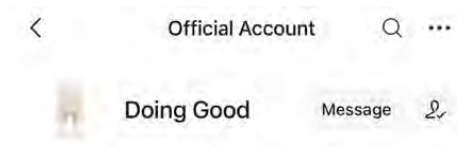
Katherine Wong: The Andean Apothecary

Energy work, singing bowls Wechat official account:
The Andean Apothecary



DoingGood by Marie: Yoga

Wechat official account: DoingGood



ByFab Photography: beautiful photos (including Shanghai) and enjoyable stories and quizzes on her Instagram account: @by_fab

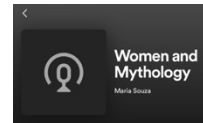


Yoga by Albane

Mediation, breathwork, etc.



Maria Souza: Podcast on Women and Mythology on Spotify



Rumbiey: Sleep Coach



HappyConsults: varied consults helping to enhance wellness



Some online international resources

- Breathing and meditations apps: breathing zone, calm, headspace and many others
- Relaxing music: Spotify
- Mandalas: you will find many to print on the web: <http://mandala-4free.de/en/index.htm>

