

HARA

Empowering caring transformations
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## 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 appartment, 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

We hat 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 Activties for kids in this offical 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 guite 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



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MiA FitLife: innovative fitness coaching

Please scan QR code



Kobby Harding: AfroDance

Wechat channel: kobbyHarding



Yoga by Albane: Vinyasa and

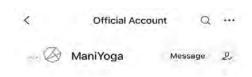
more



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

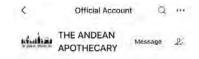
Wechat Aboro service ID: ABORO667

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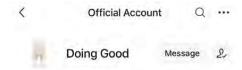
#### Katherine Wong: The Andean Apothecary

Energy work, singing bowlsWechat official account: The Andean Apothecary

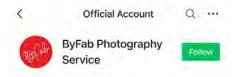


#### DoingGood by Marie: Yoga

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

#### KEEP NOURISHED!!

From Monday to Friday during the duration of the lockdown, I am offering FREE WeChat 15 minutes consultation for punctual questions related to nutrition (recipes, ingredients, cooking methods etc.) and lifestyle, from 5.00 to 6.15 PM. First come first served. Please add my WeChat if I can be of any help: HaraGC

- During this time, we may not have all the ingredients we would like to or those that we are used to. What about using the app **Supercook or Frigo Magic**? They help to find recipes around the ingredients available.
- o Keeping food as fresh as possible or using preserving methods may be key, here are some good resources on how to store in fridges, freezers, how to use leftovers and more:
  - o <a href="https://www.nutrition.gov/topics/food-safety/safe-food-storage">https://www.nutrition.gov/topics/food-safety/safe-food-storage</a>
  - o https://apps.chhs.colostate.edu/preservesmart/produce/index/apples/
- o Making space for eating in a calm environment and if possible, sharing meals with family or friends even via video calls will help to appreciate and support digestion.
- Stress may have an impact on eating patterns. When we feel stressed, we may have appetite disruptions, eating more or less than we normally do. A punctual disruption is ok. However regular dysregulation may have consequences. Trying relaxing methods such as breathing, mediation, yoga, listening to music or talking to a loved one may help with emotions. If you feel that you need additional help, please contact the several resources (listed below) available in Shanghai.
- Shopping for food and other necessities has been a very difficult task these days. There are some supermarkets working, others not. Things change very fast, so please stay tuned on Wechat groups and my moments for latest news. I will be posting the useful information I find. At this moment many communities are organizing group orders, please check with yours.
- o IF YOU HAVE AN EMERGENCY with food or water please reach to your community/management office, to group chats or **Neighborhood Committee** (居委会-jū wěi huì) there are many people sharing and helping. Try the official contacts on this list: <a href="https://mp.weixin.qq.com/s/fA2\_yNwN7II5UOH6\_Fxelg">https://mp.weixin.qq.com/s/fA2\_yNwN7II5UOH6\_Fxelg</a>

#### **ASK FOR HELP!!**

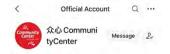
LifeLine

Call family, friends, colleagues, or any of the professional organizations in Shanghai or abroad:

# Wechat account: LifeLine Official Account Q ...

**Community Center** offering many counseling resources and support for teachers

Wechat account: CommunityCenter



#### Solidarite Shanghai

Wechat account: solidariteshanghai



IF YOU HAVE ANY EMERGENCY reach to your community and use the emergency contact by districts:

https://mp.weixin.qq.com/s/fA2\_yNwN7II5UOH6\_FxeIg