

Introduction

THE COMMUNITY AND SUSTAINABILITY CENTRE

Greetings from UMCares

The world is facing an unprecedented situation with COVID-19 and Malaysia is not spared. More recently, we have seen and heard country after country are restricting the movements of their people to stop the spread of this disease. Malaysia too, has enforced a Movement Control Order in early March 2020 which is on-going.

As a result of this MCO, many are now at home playing their part to stop the spread of COVID-19 as our frontliners are assisting in treating those affected. Staying at home for weeks on end has its own challenges and therefore, we have decided to produce this short bulletin which we hope will assist those that might be in need of some tips in staying healthy during this period.

We hope that the information by our experts in Universiti Malaya will help you as we do our part in battling COVID - 19

Assoc. Prof. Dr. Amer Siddiq Amer Nordin Director of UMCares, Universiti Malaya

By: Assoc, Prof. Dr. Amer Siddig Amer Nordin Facalty of Madicine, Universiti Malaya

Let the "4M" be with you

Ensure you have

Caring for Mental Health

During this period we feel that we have "lost control" and therefore having a routine helps in ensuring control is regained

Mindfulness: to help you relax Movement: get enough exercise every day astery: practice good self-care eaningful engagement: positive interactions and sense of purpose

The COVID period is fluid. Things change rapidly. One day we are free, another we are in the MCO. Preparing early for change will help your mental health

you think

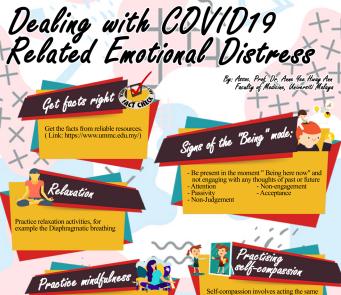
Self care is any purposeful activities to improve and maintain your physical and mental well being. Eg. include reading, painting, appropriate exercises. Ensure you have one and regularly stick to it.

Observe self care activities

P: Physical health E: Eat healthily A: Adequate sleep C: Cut down unhealthy habits E: Exercise

source; health today malaysia





Mindful breathing for example focus your attention on your breathing, inhaling and exhaling in a non-judgemental manner Self-compassion involves acting the same way towards yourself when you are having a difficult time, fail, or notice something you don't like about yourself.

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By: Dr. Aida Syarinaz Ahmad Adlan Facalty of Medicine, Universiti Malaya

Wake up in the morning they have to bath and get ready. Have a healthy breakfast. Mornings are the best time to be productive so it's best to optimize this time with educational activities; online classrooms, personal tutoring or links that have educational activities.

Keep a stractare & schedale

Manage Children from Home

Exercise together

Exercise together in the eveningS. Links are available on the internet such as learning to ride a bicycle. Juggling kids and work can be tricky and tends to get you overwhelmed. When this happens, mothers can be easily irritated and lash out on the kids. Figure out what needs to be addressed first, and do what you can within your means. It's ok if things are not perfect.

Allocate fun times

Prioritize

Balance between being disciplined with schedule but also to have fun bonding times with them will help create good and fond memories. Do something funny, play video games with them, dance, sing, anything!

Healthy meals

home cooked food. Teach them about good and bad food and take the chance to teach them skills to prepare/cook food.

By: Assoc. Prof. Dr. Farizah Mohd Hairi Facalty of Medicine, Universiti Malaya

Get connected with social group via communication (phone or video call), so that senoir citizens will not feel lonely and they can do some activities

Sapport group

Taking Care of Senior Citizens

Keep them active

Simple home exercise like stretching, they can ambulate, gardening, solat jemaah at home and also joining classes like religious class via online. Minimise boredom and mobility impairment by spending time doing things they enjoy, such as gardening, reading, writing journals, drawing, painting, doing craft-works (knitting, sewing, wearbing), cooking, baking, solving cross-word puzzles, or playing indoor games such as 'congkak'.

Healthy lifestyle



Good television or radio channels at home. Ensure they have handphone to call friends or family-always keeping in touch with them.

Having meals together is good but remember to practice physical distancing, at least one metre apart from each other. Adapt' salam multi', i.e. no handshake, no hugging for the moment, in order to stay safe and protect everyone from getting infected with COVID-19. And always, always wash your hands with water and soap recularly.

If live nearby family & relatives

By: Dr. Mohd Nazri Abd Rahman Facalty of Education, Universiti Malaya

Learning at Home for Children

> During the learning session, all family members need to do learning activities TOGETHER such as reading, writing or discussion on interesting topics.

Daily routine practice

Comfortable atmosphere without interruption from televison or phone. Most importantly, family members can sit together and read, discuss and carry out learning activities together.

Conducive environment

Parents can optimize online learning activities and materials such as Educational TV, digital school textbook and etc. Parents can also be creative by creating learning materials using available resources at home.



Diversity of learning

Parents need to keep track and schedule of online classes, educational shows, digital homework exercises and textbook assignment that children need to complete on particular day

Listen, understand and act accordingly to children's learning needs. Home learning sessions become more fun when parents can understand the needs, problems and challenges the children face.

Effective

Home Workout

By: Dr. Nor Eeza Zainal Abidin Centre for Sports and Exercise Sciences, Universiti Malaya

Safety first

Make sure your environment is clear of any obstructions and has sufficient room for the activity of choice. It is important to take the proper safety measures to avoid workout injuries. Start each workout with a warm up session and end with a cool down session so you don't hurt yourself.

Keep hydrated

Warm op & Cool down

You need to drink enough and regularly to keep hydrated during exercises.

If you don't have any exercise equipment at home, you can still do some simple exercises like push-up, lunge, plank, burpee and squat. Be creative. Use houshold items as weights such as water bottles, soup cans or even gas tank.

Be creative

If you have exercise equipment such as a yoga mat, dumbled or treadmill, it can be used for a home exercise routine. Create fun and easy exercise routines. Alternatively, you can watch hundreds of fitness videos for free on YouTube. There are dancing tutorial channels, abs workouts, home boxing workouts and more.

Fan & easy exercise roatines

Acknowledgements

- Assoc. Prof. Dr. Amer Siddig Amer Nordin Faculty of Madicine, Universiti Malaya - Assoc. Prof. Dr. Rusdi Abd Rashid Faculty of Medicine, Universiti Malaya - Assoc. Prof. Dr. Anne Yee Hway Ann Faculty of Medicine, Universiti Malaya - Assoc. Prof. Dr. Hazreen Abdal Majid Faculty of Medicine, Universiti Malaya Editors Assoc. Prof. Dr. Amer Siddig - Dr. Aida Syarinaz Ahmad Adlan Faculty of Medicine, Universiti Malaya Amer Nordin - Assoc. Prof. Dr. Farizah Mohd Hairi UMCares Nor Azlin Mat Radi Faculty of Medicine, Universiti Malaya UMCares" - Dr. Mohd Nazri Abd Rahman Mahammad Asyraf Mansor Faculty of Education, Universiti Malaya UMCares - Dr. Nor Eeza Zainal Abidin Centre for Sports and Exercise Sciences, Universiti Malaya

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