



UNIVERSITI  
MALAYA

*from*

**5** **UM**  
**Experts**

TIPS

*to*  
**You**



# 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

# Caring for Mental Health

By: Assoc. Prof. Dr. Amer Siddiq Amer Nordin  
Faculty of Medicine, Universiti Malaya



*Ensure you have a routine*

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



*Let the "4M" be with you*

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



*Change the way you think*

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

*Observe self care activities*



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.



*Master the way of "PEACE"*

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

# Practice Good Sleep Hygiene

By: Assoc. Prof. Dr. Rusdi Abd. Rashid  
Faculty of Medicine, Universiti Malaya

## Regular sleep habit



Regular bedtime but not oversleeping

## Avoid caffeine



Avoid caffeinated drink especially at night hours

## Room environment



Create a conducive environment for sleeping e.g. good environment, ventilation proper, clean, not too bright, etc.

## Bed only for sleep



Your bed is only for sleeping and not for studying, working online, eating meals, etc.

## Meals



Ensure that you avoid a big meal about 6 hours before sleeping.

# Dealing with COVID19 Related Emotional Distress

By: Assoc. Prof. Dr. Anne Yee Hwang Ann  
Faculty of Medicine, Universiti Malaya

Get facts right



Get the facts from reliable resources.  
( Link: <https://www.ummc.edu.my/>)

Signs of the "Being" mode:



- Be present in the moment " Being here now" and not engaging with any thoughts of past or future
- Attention
- Non-engagement
- Passivity
- Acceptance
- Non-Judgement

Relaxation



Practice relaxation activities, for example the Diaphragmatic breathing

Practice mindfulness



Mindful breathing for example focus your attention on your breathing, inhaling and exhaling in a non-judgemental manner

Practising self-compassion



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.

# Healthy Eating and Living for the Public

By: Assoc. Prof. Dr. Hazreen Abdul Majid  
Faculty of Medicine, Universiti Malaya

## Avoid highly processed food



Avoid highly processed food which is also high in sugar or salt and not healthy to be consumed on a regular basis. Food high in fat, salt and sugar are not needed in the diet, so if you choose to include them, try to have them less often and in smaller amount.

## Choose lean meat or remove excess fat

Remove the skin from chicken. Minimise frying where possible. Since now we won't be able to jog or hit the gym, high energy dense foods should be cut down.

## Make it balanced

Make it balanced where the vegetables should be half of the plate, whole grain rice/ bread/ pasta/ noodles, quarter of the plate and well-cooked protein sources (another quarter).



## Five portions of fruit & vegetables



Have a variety of food to choose. Choose a variety of different types and colours of fruit and vegetables. It will provide vitamins, minerals and fibre, the natural colours and flavours of plants add powerful anti-oxidants to our diet.

## Keep Hydrated

Plain water should be the main source and not sugary drinks.



# Manage Children from Home

By: Dr. Aida Sgarinez Ahmad Aidan  
Faculty of Medicine, Universiti Malaya

## Keep a structure & schedule



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.

## Prioritize



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.

## Exercise together



Exercise together in the evening. Links are available on the internet such as learning to ride a bicycle.

## Allocate fun times with them



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



Have regular healthy meals since during this MCO or normal period we can prepare home cooked food. Teach them about good and bad food and take the chance to teach them skills to prepare/cook food.

# Taking Care of Senior Citizens

By: Assoc. Prof. Dr. Faridah Mohd Hairi  
Faculty of Medicine, Universiti Malaya

## Support group



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

## Healthy lifestyle



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, weaving), cooking, baking, solving cross-word puzzles, or playing indoor games such as 'congkak'.

## 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.

## Entertainment for them



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

## If live nearby family & relatives



Having meals together is good but remember to practice physical distancing, at least one metre apart from each other. Adapt 'salam mufti', 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 regularly.



# Learning at Home for Children

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

## Daily routine practice



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

## Conducive environment



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

## Diversity of learning materials



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.

## Plan a learning session



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

## Effective communication



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.

# Home Workout

By: Dr. Nor Eza Zainal Abidin  
Centre for Sports and Exercise  
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## 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.



## Warm up & Cool down

Start each workout with a warm up session and end with a cool down session so you don't hurt yourself.



## Fun & easy exercise routines

If you have exercise equipment such as a yoga mat, dumbbell 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.



## Keep hydrated

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



## Be creative

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 household items as weights such as water bottles, soup cans or even gas tank.

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