



# Taking Care of Your Health and Well-being 保持身心健康

## 1. Working out 多做運動

## 2. Healthy diet 健康飲食

Healthy diets are important for improving immunity  
健康飲食對增強免疫系統非常重要



- Eat a balanced diet to ensure sufficient intake of nutrients necessary for health  
膳食均衡以攝取維持健康所需的各種營養
- Cut back on salt and sugar  
減少鹽分和糖分
- Eat moderate amounts of fats and oils  
攝取適量脂肪及油分
- Take Vitamin C and Vitamin E  
攝取適量維他命C及E
- Stay hydrated, drink 1.5 litre of water every day  
每日飲用1.5公升水補充水份
- Avoid drinking alcohol  
避免喝酒
- Quit smoking  
不要吸煙



## 3. Looking after your mental health 注意精神健康

- Maintain a healthy routine  
維持健康的作息習慣
- Sleep a minimum of 7-8 hours every day  
每天睡眠最少7至8個小時
- Connect with others  
與親友保持聯繫
- Learn to manage feelings of uncertainty and anxiety  
學習管理面對未知因素的情緒和焦慮
- Try breathing and mindfulness exercise  
嘗試進行呼吸訓練及靜觀練習

