



**Covid Cell**

**HENRY BAKER COLLEGE  
MELUKAVU**

# IMMUNITY



***Covid Cell***

**Covid-19 Pandemic Awareness Campaign**



**HENRY BAKER  
COLLEGE, MELUKAVU**



**JANAMAITHRI POLICE  
STATION, MELUKAVU**



**COMMUNITY HEALTH  
CENTRE, EDAMARUKU**

# IMMUNITY

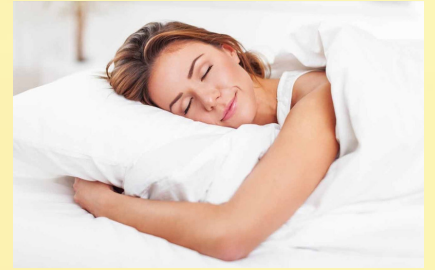
The immune system is a complex network of cells, tissues, and organs. Together they help the body fight infections and other diseases. When germs such as bacteria or viruses invade your body, they attack and multiply. Your immune system protects you from the disease by fighting off the germs



**FOOD**



**EXERCISE**



**SLEEP**



**HABITS**

**8 WAYS TO  
BOOST YOUR  
IMMUNITY**



**EMOTIONS**



**BREATHING &  
MEDITATION**



**AFFIRMATIONS**

# IMMUNITY BOOSTING FOODS



The food you eat plays a key aspect in determining your overall health and immunity



## **GARLIC**

2 to 3 cloves a day in raw form once a day



## **GINGER**

Boil 2/3 gm ginger extract in water or tea and have daily



## **TURMERIC**

1 to 2 gm with warm milk daily



## **ALMONDS**

3/4 almonds soaked overnight



## **CITRUS FRUITS**

A glass of orange juice, or fresh lemonade daily



## **GREEN TEA**

2 to 3 cups a day

# SLEEPING WELL



If not getting enough sleep is a regular part of your routine, you may be at an increased risk for obesity, type 2 diabetes, high blood pressure, heart disease and stroke, poor mental health, and even early death. Even one night of short sleep can affect you the next day.

- **Sleep May Help Prevent Cancer**
- **Sleep Keeps Your Heart Healthy**
- **Sleep Reduces Stress**
- **Sleep Reduces Inflammation**
- **Sleep Makes You More Alert**
- **Sleep Improves Your Memory**
- **Sleep May Help You Lose Weight**
- **Sleep May Reduce Risk of Depression**
- **Sleep Helps the Body Repair Itself**



# EXERCISE



**Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, to aid growth and improve strength, preventing aging, developing muscles and the cardiovascular system.**

## Some exercise you can do indoors

- Yoga,
- Stretching,
- Climbing Stairs
- Skipping



## Some exercise you can do Outdoors

- Walking
- Jogging
- Cycling



# TIPS TO HANDLE EMOTIONS

- **Start with identifying your feelings.**
- **Resist judging your feelings**
- **Ask, “What are these feelings telling me?”**
- **Find a way to express the feeling mindfully and safely.**
- **Focus on physical sensations instead**
- **Remember it’s okay to hit snooze on a feeling.**
- **Be smart and intentional about using distractions.**
- **Smile to make yourself feel good.**
- **Get up and move.**





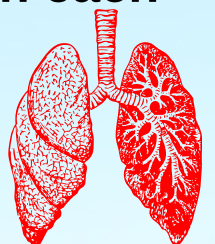
# BREATHING

There are lots of breathing exercises you can do to help relax. The first exercise below—belly breathing—is simple to learn and easy to do. It's best to start there if you have never done breathing exercises before. The other exercises are more advanced. All of these exercises can help you relax and relieve stress.

## Belly breathing

**Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress**

- Sit or lie flat in a comfortable position.
- Put one hand on your belly just below your ribs and the other hand on your chest.
- Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
- Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
- Do this breathing 3 to 10 times. Take your time with each breath.
- Notice how you feel at the end of the exercise.



# GOOD HABIT

**A behaviour that is beneficial to one's physical or mental health, often linked to a high level of discipline and self-control. Examples good habits Regular exercise, consumption of alcohol in moderation, balanced diet, monogamy, etc. Examples bad habits Smoking, drug abuse, gambling, sexual promiscuity, poor sleep hygiene, high fat-, high red meat diet**

## Here are some healthy daily habits

- Wash hands with soap often during the day
- Drink warm water as much as possible
- Maintain good hygiene
- Have your meals on time
- Have a balanced diet
- Meditate regularly





# MEDITATION

Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.

## Steps to Meditation

### 1. Choose your mantra

A mantra is a word or phrase that you silently repeat to yourself during meditation. The purpose of the mantra is to give you something to put your attention on other than your thoughts.

### 2. Find a comfortable place to sit

It's best to find a quiet location where you won't be disturbed. There is no need to sit cross-legged on the floor unless that is comfortable for you. You can sit on a chair or sofa or on the floor with your back against a wall. You may support yourself with cushions, pillows, or blankets.

### 3. Gently close your eyes and begin by taking some deep breaths.

A mantra is a word or phrase that you silently repeat to yourself during meditation. The purpose of the mantra is to give you something to put your attention on other than your thoughts.

### 4. Begin repeating your mantra silently to yourself without moving your tongue or lips

The repetition of your mantra is soft, gentle, and relaxed. There is no need to force it. The mantra does not need to correlate with the breath, though some people prefer to do so.

### 5. Do not try and stop your thoughts or empty your mind

As you continue with this meditative process, you will inevitably find that you drift away from the mantra.

### 6. Stop repeating the mantra

After approximately 20 to 30 minutes, you may stop repeating your mantra and continue sitting with your eyes closed. Be sure to spend a few minutes relaxing with your eyes closed before resuming activity.

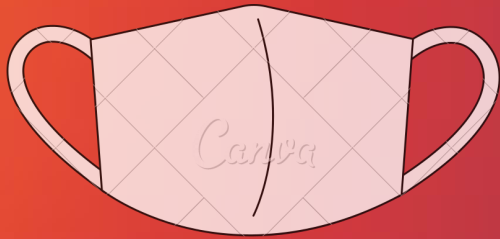
# AFFIRMATIONS

Affirmations are positive statements that can help you to overcome self-sabotaging, negative thoughts. To use affirmations, first, analyze the thoughts or behaviors that you'd like to change in your own life and career.

**Here are some affirmations you can use to change your belief system**

- I believe in my dreams. Believe in yourself and all that you are.
- I am doing my best every day.
- I love myself for who I am.
- I am in charge of my own happiness.
- I accept 100% responsibility for my own life.
- The best is yet to come.
- I am grateful for every day.





STAY HOME

STAY SAFE

STAY WELL



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