

# 6 top tips for health and wellbeing at home



CPA@home



## LIMIT SCREEN TIME

- Excess screen time can lead to weight gain, isolation, poor sleep, neck and back strain and eye problems
- Limit screen time to max. 2 hours a day (apart from required online learning for school, work etc)
- Find hobbies that don't involve technology eg. board games, cooking



## PRACTICE MINDFULNESS

- Meditation - lowers blood pressure, helps depression, relieves anxiety, improves focus and reduces chronic pain
- Start a gratitude journal
- Sit in nature and notice the sounds, smells, sights and breath



## GET MORE SLEEP

- Sleep needs vary across ages and is impacted by lifestyle factors such as stress and exercise
- Recommended hours of sleep:
  - Adults: 7-9 hours
  - Teenagers: 8-10 hours
  - 6-12yo: 9-11 hours
  - 3-5yo: 10-13 hours
  - 1-2yo: 11-14 hours
  - <1yo: 12-17 hours
- Improve your sleep by:
  - Sticking to a sleep schedule, even on weekends
  - Minimise caffeine intake
  - Minimise screen time before bed



## EAT HEALTHILY

- Eat from the 5 food groups every day:
  - Grain foods
  - Vegetables and legumes/beans,
  - Lean meats and poultry, fish, eggs, tofu, nuts and seeds
  - Fruit
  - Reduced fat milk, yoghurt, cheese
- The guide to healthy eating aims to:
  - Promote health & well-being
  - Reduce risk of high cholesterol, high blood pressure and obesity
  - Reduce risk of chronic diseases such as type 2 diabetes, cardiovascular disease and some types of cancer



## INCREASE PHYSICAL ACTIVITY

- Move more, sit less, every day and enjoy the social, emotional, intellectual, and health benefits:
  - Cooperation and teamwork skills
  - Manage anxiety and stress
  - Improve concentration
  - Strengthen muscles and bones
  - Reduce risk of disease and unhealthy weight gain



## MAINTAIN SOCIAL PARTICIPATION

- Staying socially connected with people can help to:
  - Build and maintain relationships
  - Acquire new skills
  - Stimulate your mind
  - Improve health & well-being; physical, mental and emotional
  - Increase motivation
  - Counterbalance stress from work



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