

GAME NIGHT



Claudio Cugliari photo

At left, Malachi Waskalik, Blaine Abel and John Farquhar play a game of Pandemic during the weekly Friday Night Magic at The Hooded Goblin. Above, Bryn Drummund lines up some knights.

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CAROLYN DEW
BPhE, RAC, RTCMP

Q: I am being frequently asked “what can I do to boost my immune system right now” and thought I would share with you what I am advising my patients, family, and friends?

A: The coronavirus is scary and is not to be taken lightly. It is going to be around for a while so we need to learn how to live with it and how to keep our immune systems strong.

I believe the gift of this virus is that it creates an opportunity to slow down, stay close to home, connect with loved ones, eat well, reduce stress levels, and get more sleep and rest. All of these behaviours will help strengthen the immune system so that if you do get exposed to the virus, you will be able to fight it with more ease. Make sure to include more superfoods in your diet such as dark leafy greens, lots of garlic and ginger, and vitamin C rich fruits & vegetables.

There is much fear that comes with the words pandemic, social distancing, and self-isolation. To help with your mental health, try bringing in some mindfulness and gratitude into your daily routine. Now is the perfect time to take up a home-based yoga or meditation practice in order to help with the additional anxiety and fear in our environment.

Exercise will also be very helpful right now. Our bodies are built to move... exercise increases the heart rate and ventilates the lungs. It will help manage stress, regulate our moods, as well as strengthen our respiratory systems. Make sure you get outside for an hour everyday, taking nice deep breaths of fresh air. When inside the house take time to practice belly breathing. Open your windows when you can to let in fresh air and make sure you expose yourself to sunlight when its out.

We live in a great community... don't forget to check on those that may not have a support system. Let's keep each other safe and supported during this challenging time. We are all in this together.