

Self-Discipline Is Key To A Healthy Lifestyle

Pandemic is an infectious disease which crosses international boundaries and affects the people worldwide. There is no precise panacea for pandemic COVID-19. The basic strategies in the control of an outbreak are containment and mitigation.

Self-discipline helps to lead a healthy lifestyle. One of them is developing good habits. Habits are very important and shape our life far more than we realize. Good habits might help to prevent the spread of any virus to a great extent.

Good hygiene habits like washing your hands with antibacterial soap regularly, eliminates most of the virus on the hands which in a way reduces the risk of getting infected. Habit of avoiding touching your eyes, nose, or mouth and covering your nose or mouth when you sneeze or cough will also lessen the probability of getting the virus into your respiratory system. Maintaining a safe distance of at least six feet all the time when around people will reduce potential infection from transmitting easily from person to person. Avoiding crowded places or gatherings of more than ten people will put you at low risk of getting infected. Last but not the least is to build a stronger immune system. Eating healthy food with antioxidants and good nutrition, exercising regularly most of the days could all make a significant difference in your life.

Eating healthy food with good nutrition helps your body to get stronger to fight any virus better.

Vitamins are essential components to fight against infections. Vitamins not come from food but, also exposing yourself to sunlight. Walking and playing in the outdoor sunlight helps to increase your immune system. Deep breathing will enhance your lungs. Exercising releases endorphins which helps with your mood, fight with stress, and boost the immune system. Good habit of reading or a hobby can make the day interesting and keep you happy.

Not only are habits important. They grow stronger and stronger over time and become more and more automatic. Healthy habits can help prevent any infectious disease including COVID-19.