

معاً نعود
TOGETHER WE RETURN

هيئة الشارقة للتعليم الخاص
SHARJAH PRIVATE EDUCATION AUTHORITY



Health Promotion
النشأة الصحية

إدارة التثقيف الصحي - Health Promotion Dept.
المجلس الأعلى لشؤون الأسرة بالشارقة SCFA - Shj



7 Tips for Healthy Distance Learning



English

@sharjah_health

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The Health Promotion Department of the Supreme Council for Family Affairs has launched a series of awareness and educating publications in light of Covid 19 targetting students, parents, administrative and teaching staff which included tips and measurements to prevent the spread of Covid 19 virus

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المجلس الأعلى لشؤون الأسرة
Supreme Council For Family Affairs

7 Tips for Healthy distance learning

prepared and produced by

Health Promotion Department

in Supreme Council for Family Affairs in Sharjah

In cooperation with Sharjah Private Education Authority

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1

Tip # 1: Healthy Sleeping

Make sure you get the recommended 6 to 8 hours of sleep every night. As sufficient sleep plays an important role in allowing your brain to assimilate the knowledge that you acquired during the day.



2

Tip # 2: Eat well

When you eat healthy food, you nourish your body including your brain cells. Have small healthy snacks that you can nibble on throughout the day, instead of overdoing it with the portion sizes at mealtimes. This will curb your hunger, keep your blood sugar stable, and keep your mind active for longer.



3

Tip # 3: stay hydrated

Make sure you drink enough water, as this will keep your energy level up, so always keep a water bottle nearby throughout the day.



4

Tip # 4: Stretch your muscles

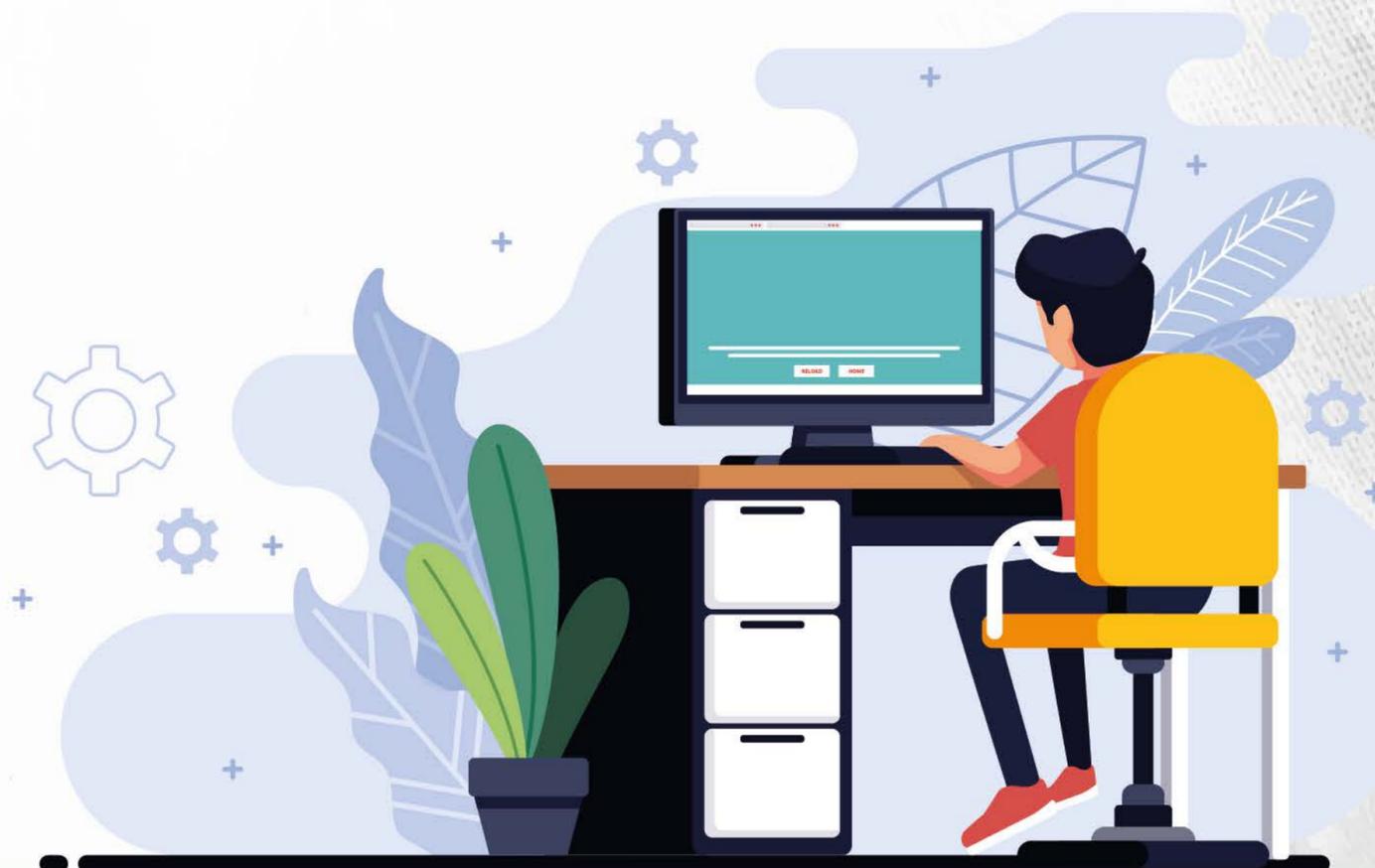
It is good to stretch your muscles, especially if you are sitting for long periods of time. Stretching your arms, back and neck will help strengthen your muscles, reduce stress, relieve tension, and help you refocus on your work.



5

Tip # 5: Use the Rule 20-20-20

Every 20 minutes look away from the screen at an object at least 20 feet away for about 20 seconds.



6

Tip # 6: healthy ergonomics

Make sure you set yourself up in a room with good lighting. Make sure your device is placed at a good height and angle so you don't need to bend your neck for long periods of time.



7

Tip # 7: Online safety



- Ignore any unknown received links, attachments, or emails address
- Don't give your personal information to others
- Tell an adult if someone or something makes you feel worried or uncomfortable
- Avoid sending unreliable source of news and posts
- Make sure you are using reliable sources of information , such as those related to government or international agencies or schools and colleges



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