

Tips for living in self-isolation

Here are some top tips for staying happy, healthy and busy while living in self-isolation. It is important to maintain aspects of normal life at home to avoid loneliness and boredom which can have a serious impact on your mental wellbeing.

Think positive

- 🕒 Create a daily routine with set times for breakfast, lunch, a walk outside etc.
- 🕒 Write a list of your aims for the day. Tasks may include calling a friend, tidying out a cupboard or reading a few chapters of your book.
- 🕒 Change out of your pyjamas for the day ahead.
- 🕒 Get up regularly, walk around and make yourself a cuppa.
- 🕒 Go outside for a walk, either in your garden or outside (keeping at a safe distance from other people).
- 🕒 Move to different rooms in your house throughout the day.
- 🕒 Buy some spring flowers like daffodils or light a scented candle to cheer up your living space.

Be healthy

- 🕒 If you're feeling overwhelmed or panicked by current events, do some simple breathing exercises. Try breathing in through your nose for a count of 5, then out through your mouth for a count of 5. Repeat for 3 to 5 minutes.
- 🕒 Keep active and moving by doing some exercises at home. You can find online videos or do some simple chair exercises like seated marching, overhead arm stretches, leg extensions, ankle flexes and hand squeezes. Aim for 10 repetitions of each exercise if you

are able to do so.

- 🕒 Eat healthily and drinking plenty of water.
- 🕒 Avoid watching the news for too long. You can check in occasionally for the headlines.

Keep busy

- 🕒 Watch a new tv programme or listen to a different radio show or podcast than you normally would.
- 🕒 Get lost in a great book! Pick up one that's been sitting on your shelf or see if you can borrow e-books for free online from your library app.
- 🕒 Try some crafts – perhaps knitting, crocheting, colouring or collage.
- 🕒 Keep your brain active by doing a puzzle.
- 🕒 Flex your creative muscles by writing a poem or short story.
- 🕒 Start writing a journal.
- 🕒 Write some mindful lists e.g. list the things that always cheer you up, your favourite songs or things you are grateful for.
- 🕒 Cook one of your favourite meals or try a new recipe.
- 🕒 Do some gardening or plant some indoor herbs.
- 🕒 Think of a small act of kindness you could do to help someone.
- 🕒 Check in with neighbours, friends and family by telephone.
- 🕒 Keep the tv or radio on so your home doesn't feel too quiet.