

Self Isolation and Your Wellbeing

Food

Think about your diet. Your appetite might change if your routine changes, or if you're less active than you usually are. Eating regularly and keeping your blood sugar stable can help your mood and energy levels.



Water

Drink water regularly. Drinking enough water is important for your mental and physical health. Changing your routine might affect when you drink or what fluids you drink. It could help to set an alarm or use an app.



Caring about your environment at home

If you are spending a lot of time at home, you may find it helpful to keep things clean and tidy. If the whole family are at home together it could help to decide together how you'll use different spaces.



Cleaning your house, doing laundry and washing yourself are important ways to help stop germs spreading. Your energy bills will probably go up if you're at home more than you usually would be. Think about how you can save electricity etc.

Connect with others

Make plans to chat to people or groups you'd normally see in person. You can arrange phone calls, send instant messages or texts, emails or use online platforms. If you're worried that you might run out of things to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other. If you're going online more than usual it's important to look after yourself online, remember the golden rule if you wouldn't show your parents a conversation you are having online then stop immediately.

If you're worried about loneliness:

Think about things you can do to connect with people. For example, putting extra pictures up of the people you care about might be a nice reminder of the people in your life. Listen to a chatty radio station or podcast if your home feels too quiet.



Decide on your routine

Plan how you'll spend your time. It might help to write this down on paper and put it on the wall. Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual routines, and go to bed at your usual time.



Stay active

Build physical activity into your daily routine. Exercising at home can be simple and there are options for most ages and abilities, such as:

- cleaning your home
- dancing to music
- online exercise workouts that you can follow
- sitting less – if you notice you've been sitting down for an hour, just getting up can help.



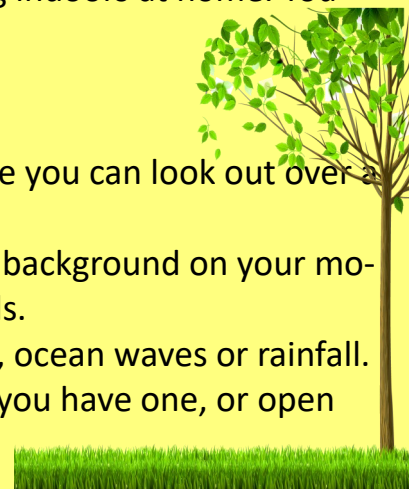
be Active!

Get fresh air, sunlight and nature

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed.

It's possible to still get these positive effects from nature while staying indoors at home. You could try the following:

- Spend time with the windows open to let in fresh air.
- Have flowers or potted plants in your home.
- Arrange a comfortable space to sit, for example by a window where you can look out over a view of trees or the sky, or watch birds and other animals.
- Look at photos of your favourite places in nature. Use them as the background on your mobile phone or computer screen, or print and put them up on your walls.
- Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall.
- Get as much natural light as you can. Spend time in your garden if you have one, or open your front or back door and sit on the doorstep.



Find ways to relax and be creative

There are lots of different ways that you can relax, take notice of the present moment and use your creative side. These include:

- arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling
- DIY
- colouring
- mindfulness
- playing musical instruments, singing or listening to music
- writing
- yoga
- meditation.



Take Care with news and information

- Stay connected with current events, but be careful where you get news and health information from.
- For up-to-date advice, see the NHS coronavirus webpage and gov.uk coronavirus webpages.



Avoid distractions

If you are taking a break in between studying avoid: tv, gaming, social media etc. All of these things are designed to hook us in so we spend extended time on them.

Instead take a short break and move to a different place in the house, make yourself a snack/drink or get some fresh air.

Enjoy tv, gaming etc during your leisure time.

If you are feeling claustrophobic or trapped

- Open the windows to let in fresh air. Or you could spend time sitting on your doorstep, or in the garden if you have one.
- Try looking at the sky out of the window or from your doorstep. This can help to give you a sense of space.
- Regularly change the rooms you spend time in.



For more information and links to other websites

visit:

<https://www.mind.org.uk/>

information-

support/coronavirus

-and-your-wellbeing/

