9 Tips for self isolation

1. CLEAN AND COMFORTABLE ENVIRONMENT

Keep your environment clean and comfortable. This helps us feel a little more in control and reduces stress. You might like to change things around a bit, move pictures or ornaments.

2. TAKING CARE OF YOU

Keep yourself clean. In these days of excessive hand washing this seems obvious. Getting washed and dressed each day separates day from night and can have a positive impact on our mental health. It’s tempting to stay in our PJ’s but, unless we are unwell, it is not recommended.

3. EXERCISE

Do some structured exercise every day, online at home (using our advice in the Members section), walking, cycling - we all know exercise improves our body, mind and well-being. Get outside or open your windows. Keep active, don’t sit down for too many hours at a time. Ideally, get up and move around, every half hour or so and do some gentle stretching, throughout the day.

4. EAT SMALL REGULAR MEALS

Try and eat at the usual times, breakfast, lunch and dinner to put some structure in the day. Try and keep some variety in your diet (more difficult in the current climate). Try not to snack. There is plenty of food for us all although it may not be what we usually have.
5. LIMIT NEWS INTAKE
Try and keep up with the news only once a day as it is stressful and challenges our mood. Use www.gov.uk for correct advice and information. Not everything you read online is true.

6. BE CREATIVE
Now we have time and lots of online help to try something new. It may be drawing, painting, crafting, learning to cook a new recipe, learning a new language, listening to new music, learning to play an instrument, learn how to grow your own food, doing some DIY.

7. READ
We have access to so much online. Reading is a great distractor and transports us into other worlds. If you find reading difficult, look/listen to documentaries on TV and online.

8. FINANCIAL CONCERNS
Financial advice is available but please use a recognized source such as www.gov.uk website. If anyone asks you to send/give them money urgently, get advice from a friend/ neighbour/ family before acting. No legitimate organization will put you under pressure for money.

9. HELP EACH OTHER AND KEEP IN TOUCH
Not everyone is in a position to do community volunteering but you can help by being a listening ear to family/friends/neighbours. Accepting help from others when we need it is important too. We can keep in touch via the telephone, online sites such as our Group Facebook page. Try and talk to someone else at least every couple of days.

Let us know your isolation tips!