



Self-isolation 101 – Simple Ideas to Help With Lockdown

Some simple ideas to try and make the most of the prolonged period of Covid-lockdown. Some of these may become hobbies and areas of interest that you take forward in life after lockdown.

Making a Schedule

Divide your day into parts and make a productive schedule that also factors in time for some relaxation, physical exercise, and things that help rejuvenate and boost you. Without a schedule, and ongoing self-isolation, there is a risk of developing unhealthy habits that, over the long-term, may become problematic, such as over-eating or losing motivation through lack of purposeful activity.

Keeping a Tidy, Organised Space

If you are working or studying from home, particularly alongside others, messy and cluttered environments can add to feelings of lethargy and overwhelm. De-cluttering and maintaining an organised space can be motivational and therapeutic, and help you feel better about your life and circumstances.

Looking Out For Others

Often by moving beyond our own worries and concerns, we can find space to start doing more for others. Helping an elderly neighbour or a struggling friend can have such a positive impact on the lives of others, and is also proven to make us feel better about ourselves.

Physical Activity

Physical exercise keeps energy levels high and lessens low mood. Walking or running in your neighbourhood, or exercise to classes on TV if you are unable to get outside, can help keep you fit and improve your mental wellbeing.

New Hobbies

There are a range of hobbies that are available during lockdown. Painting, pottery, sewing and knitting are just a handful of opportunities to try. You may discover a new talent or simply derive pure relaxation and enjoyment.

Staying Socially-Connected

In the absence of the natural person to person contact that we may be used to and enjoy, such as visiting friends and family in each other's homes or at leisure and hospitality venues, currently having to be replaced by alternatives such as connection on platforms like Skype, Zoom and Houseparty, this can be a welcome source of connection during these strange Covid times. Whilst there is a value in being able to connect face to face on screen, we may find ourselves needing a break. Texting or emailing can provide an alternative means of communication. Why not connect using the old-school method of writing a letter? It can be enjoyable penning a letter, and receiving a letter from an old friend or someone you care about can be a delight.

Starting a Vegetable Garden

Nurturing plants and flowers can help with your overall wellbeing, as well as provide you with fresh produce. Being outside in nature growing your own food is great for mind, body and soul.

Self-Reflect

Sitting quietly with our thoughts can be a much needed breather. Setting time aside for reflection whether through activities such as yoga, meditation or Tai Chi can be insightful, refreshing and energising.

Reading

If you've been too busy to read and have developed a long reading list of titles, now is the time to get reading. Whether you enjoy reading or not, picking up books that interest you can spark ideas, improve your knowledge, as well as help with relaxation.

Baking

Whether a lover of cooking and baking or not, try a new recipe. You may find enjoyment from constructing a meal from scratch, and develop a new skill or even a keen passion.