

Five Ways to Wellbeing when self-isolating

For people that are in self-isolation or are in quarantine, this may seem like a daunting prospect. It will help to try and see it as a different period of time in your life, and not necessarily a bad one, even if you didn't choose it.

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 morning routines, and go to bed at your usual time.

Create a daily routine that prioritises looking after yourself. Staying healthy is as much about your mind as it is about your body.

1. Stay Connected

Self-isolation does not mean you cannot stay connected. While there will be physical distancing' it is still important to maintain human connection. In fact, at times of stress we work better if we can have contact with others. The more you can plan for this the better

- Make plans to video chat with people or groups you'd normally see in person.

- If you're part of a group of people who are also self-isolating this group could also act as an informal support network i.e. work colleagues
- Join a peer support group community, for example Elefriends at Mind
- You can also arrange phone calls or send instant messages or texts.
- Think of other ways to keep in contact with people if meeting in person is not possible. For example, you could check your phone numbers are up to date, or that you have current email addresses for friends you've not seen for a while.
- 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.

2. Keep Learning

Find ways to spend your time that bring you some enjoyment and satisfaction

- Keep your brain occupied and challenged. Set aside time in your routine for this. Read books, magazines and articles. Listen to podcasts, watch films and do puzzles.
- Some libraries have apps you can use to borrow ebooks, audiobooks or magazines from home for free, if you're a library member.
- [FutureLearn](#) and [OpenLearn](#) have free online courses you could try.
- There are lots of apps that can help you learn things, such as a foreign language or other new skills
- Opportunity to start to learn an instrument, craft or technical skills

3. Stay Active

It's important to try and 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
- going up and down stairs
- seated exercises
- online exercise workouts that you can follow

4. Take Notice

Of Nature – 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.

You could try the following:

- Spend time with the windows open to let in fresh air.
- Have flowers or potted plants in your home. Plant up seedlings bought online.

- Use natural materials to decorate your living space or use them in art projects. This could include leaves, flowers, feathers, tree bark or seeds.
- 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

Of Yourself – 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

5. Give

Seeing yourself, and your happiness, linked to the wider community, can be incredibly rewarding and creates connections with the people around you. Think what activities you can do at home that might benefit others. Ideas might include:

- ringing or writing to a friend, family member or neighbour who may be feeling particularly lonely and isolated
- make bunting for your local fete or community group
- build bird boxes or animal shelters
- spring clean cupboards and drawers and donate unwanted items to your chosen charity
- sew blankets and clothes for the local special baby unit

SOURCE: Somerset County Council & Somerset Health & Wellbeing

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