

Isolation Top Tips

We have all had a hard time over the past 18 months. However, the reality is that it is not over yet and at some point during this time, at least some of us have had to self-isolate at home due to being in contact with someone diagnosed with COVID-19.

Here at 10 top tips to help you (and me) stay positive and productive during this difficult time.

1. Learn something new
2. Get out in the fresh air if you can
3. Write a schedule to have something to look forward to each day
4. Keep your brain stimulated-This can be done in many ways such as puzzles, books, arts/crafts and many more
5. Have regular contact with friends and family-We are fortunate enough to have advanced and ever-growing technology/apps available to us. Some popular apps are WhatsApp, FaceTime, Zoom and Teams
6. Do some online meditation and exercise-There are many free videos on YouTube available anytime with a wide variety of meditation and exercises for all ages and abilities. Part of mediation can be using online apps or clearing your hard by doing mindful colouring/sitting by yourself. These colouring books can be found in anywhere as there are many options for this.
7. Board games such as chess, 'operation', 'monopoly' and charades are great as well as many free board games available online to play too
8. Spring cleaning is a great way of doing chores you've been meaning to do for a long time but haven't gotten round to completing and always forgetting. Part of this is sorting out your wardrobe and bookshelves giving away clothes/books you have never read to charity or friend/family who may enjoy them.
9. Experiment with new meals getting the whole family involved and exploring other ways of exploring your creativity such as drawing and colouring. Looking after your mental and physical health is a priority.

10. Focus on what you do have and can do not dwelling on what you can't do/have as there are always people out there we know who love, support and cherish us no matter what. It is difficult for everyone so know that you are definitely not alone so limit the time you spend reading news and focus more on what you do enjoy. Stay positive!

Remember: You are strong, you can and will do it, you are loved, you matter and you're amazing!