

Wellbeing and Coronavirus

Isolation and quarantine can affect our wellbeing.

Keep mentally and physically active - both can offset low mood, anxiety and worry.

Put your activity plan in to diary form and stick to the plan!

KEEP TO A ROUTINE TO SUPPORT SLEEP HYGIENE!

Be active (physical fitness)

Plan an exercise and stretching routine daily – preferably in the morning and at tea time. Movement improves our mood as it releases feel good chemicals in our bodies and helps our brains function so we become more mentally motivated too.



Be productive – do the chores that never get done: clear out cupboards, the garage, the shed or weed the garden. Research shows that positive people are less likely to get depressed and see difficult times as opportunities.



If you are isolated with other family members, draw up a list of tasks and get everyone involved so you are working together as a team and supporting one another.



If you are with children they may get bored. Give them time focused tasks to do and things to make including physical games to play at home. Research has shown that boredom in children can lead to imaginative play and creativity in finding ways to amuse themselves.



Be active (mental fitness)

The National Academy of Sciences states that mental fitness is key to offsetting emotional difficulties



Take your isolation as an opportunity to

Learn something new or brush up on a language for example!



Play Sudoku/crosswords to stimulate parts of the brain which reduce anxiety.



Be creative, bake bread or fix broken items in the home.



Keep on the phone to family and friends - use Skype, Facetime or other forms of interactive social media if you have it to 'see' family and friends. Make sure you are involved in supporting others who are also quarantined and feeling isolated.



Don't worry!

You are not alone in the world