



# 10 ways to stay well when self isolating Part 1

**1**

## **Establish a daily routine**

Routines provide structure and purpose

**2**

## **Balance your weekly routine**

Have a good mix of work (activities that have to be done), rest and leisure

**3**

## **Think about activities most important to you**

Can you adapt them to carry out in the home? For example, instead of a class, following an online exercise routine

**4**

## **Set daily goals**

This will provide purpose and a sense of achievement. Consider the list of things you never get round to doing

**5**

## **Identify triggers that make you feel low**

Look for ways to reduce or manage them

\*Credit to the Royal College of Occupational Therapists for the ideas shared above

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# 10 ways to stay well when self isolating

## Part 2

**6**

### **Talk with family, friends and neighbours**

Help them understand how you feel and how they can help

**7**

### **Take care of yourself**

Eat and drink healthily with plenty of fruit, vegetables and water to support your immune function and energy levels

**8**

### **Avoid staying still for too long**

Exercise and regular movement will maintain fitness and strength. If working from home, take breaks and eat away from your desk

**9**

### **Have a good sleep routine**

If you are struggling, try avoiding tea and coffee in the late afternoon, take a bath, try using blackout curtains, listening to gentle music or deep breathing exercises

**10**

### **Keep in touch**

Arrange to speak with someone most days on the phone, through social media or over the garden fence

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