

# Top Tips for Surviving

# Self- Isolation



# Mindfulness



- Helpful apps such as **Headspace** and **Calm** guide you through meditation and mindfulness sessions.
- The internet has a wealth of **great resources** to help cope during self-isolation. Some colleagues have found the [Book of Life](#) articles particularly helpful for dealing with isolation.
- Keeping a **journal or diary** is a concrete way of organising your thoughts, planning your time and recording your feelings/experiences for later – maybe to share with others who face isolation at a later point. And if you want to get creative, try [bullet journaling](#) or creating a [mood board](#).
- **Yoga** is a more physical way to relax your mind and body. You can find online sessions on yoga apps or YouTube channels (for example, Yoga with Adrienne on YouTube).
- If you find it hard to sit still, clear a cupboard or **deep clean your home**. It's absorbing, satisfying, and gives you a sense of control!



# Exercise

- **Apps'a'plenty** – **exercise apps** and online videos are like having a free personal trainer
- **Move, move, move** – **get up and walk around** every hour or so, this will help you keep up that step counter and avoid the dreaded numb bum!
- **Be flexible** – being at home means you can exercise any time of the day!
- **Set small goals** - goals are a good way to motivate yourself and prepare for getting back to your fitness routine when you're finally free.

# Food (glorious food)

- Make a **meal plan!**
- Stay healthy – a **balanced and nutritious diet** is important for your health and happiness
- But do **treat yourself !!**
- Get adventurous – now you have the time to **try out all those exciting but complex recipes** you bookmarked but never got around to doing.
- **Cook a new meal together** over a video chat and share pictures of the results to pick the winner!



# Personal Development

Self-isolation is a perfect time to focus on, well, you! Taking the time to practice self-care and wellbeing is important. But this is also a possibility to spend more time developing skills, knowledge, or ideas that you otherwise wouldn't have the time to do:

## Online courses

These are a great way to dive into your interests in a more structured way. [Futurelearn.com](https://www.futurelearn.com) has a variety of different courses from UK institutions, such as history, creative writing and leadership.

## Practice your language skills

How many times have you wished for more time to learn new vocabulary and practice your language skills? Well there's no day like today!

## Set yourself a challenge

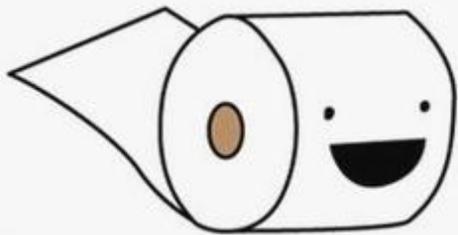
Whether this is learning a new skill or perfecting an old one, setting yourself challenges is a great way to give yourself a sense of progress in quieter times.

## Write your best-selling novel

I know, I know, but you've all heard the saying, everyone has one book in them!



The next tip? ...



JUST ROLL WITH IT