Taking Care of Your Mental Health Whist Self Isolating

Self-isolating can be stressful as it disrupts your normal routines and can be hard to deal with. After a few lies in, you may get bored and want to see your friends! You may start to feel anxious because of everything on the news and life at home may be tenser, being cooped up with other people will naturally be frustrating and might create tension between you and those you live with. You can defuse difficult situations by walking away from arguments until everyone starts to feel calmer. If you and those you live with do not have any coronavirus symptoms, you could go outside for a walk.

Social Media

- Mute or unfollow accounts that make you feel angry or anxious
- Find accounts that boost your mood
- Avoid anything that encourages you to harm your mental and physical health

Keep in touch

- Use your phone
- Set up groups of friends
- Video call to friends
- Reach out to people you haven't seen in a while

Plan your day

- Be productive, do the things that you've never had time to.
- Use a planner to make a routine
- Try something new

Stay Calm

- Do some Mindfulness
- Try Yoga – there are loads of Apps
- Chat about your worries
- Find your Calm Space

If the news is making you feel anxious

- Limit the amount that you watch, set yourself a time limit
- Only use trusted websites where you know the facts will have been checked

https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/