

Tips to keep you busy whilst in Self Isolation

You probably have loads of ideas of what to do with your time but just in case here are a few more...

Try something new

1. Try out some cooking or help to cook a meal for your family. BBC Good Food have loads of recipes at different skill levels <https://www.bbcgoodfood.com/>
2. Learn a new skill, teach yourself something e.g learning to knit how to servicing your bike, planning an exercise regime.
3. Try growing some seeds - grow your own veggies, you can plant a potato in a large bucket if you don't have a garden. Seeds can be grown on a window sill.

Stay Connected

1. Set up a social media group of friends and do something together, have a brew and natter and set a time to connect every few days. You could all exercise together....
2. Write a letter or design a card for an elderly relative who may be isolated on their own, what a lovely surprise it will be for them to get something in the post, it shows that they're not forgotten #randomactsofkindness.
3. Check in with elderly relatives via phone or video

Get Active

1. Go out on your bike/scooter or walk - always let someone know where you're going.
2. People are meeting up to walk but keeping up a social distance (keeping apart) of at least 2 metres.
3. If you have a dog, walk them, it's a win win!
4. If you're missing going to the Gym, design a routine that can be done at home or even outside.

Relax

1. Make time to relax, listen to your favourite music, and make playlists that you can share with friends.
2. Read at least one book and don't do all your reading on screen.
3. Limit your screen time if you can and be mindful not to get frustrated and post comments that you may regret - be kind and think before posting
4. *Most of all look after you and those around you 😊*