

# STAYING OCCUPIED AND WELL DURING SELF-ISOLATION

You might be worried about coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people. This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.



## DECIDE ON YOUR ROUTINE

It is important to try and maintain routine and structure to your day, especially when you are having to self-isolate. Prioritise looking after yourself. Avoid sleeping-in too late or sleeping during the day. Eat meals at set times and schedule activity/tasks to do. You may want to write of list of all of the things you can do such as reading, going for a drive, baking, games/quizzes, looking after your pets, gardening, moving the lawns, or cleaning.

## KEEPING ACTIVE

Exercise is important for our physical and mental health. If you are having to self-isolate you are still able to get out and exercise as long as you maintain social distancing and avoiding contact with others. So head down to the beach, check out the local park, jump on your bike or if you're feeling energetic go for a walk up in the hills. If you aren't able to get outside, google some exercises to do or turn the music up and have a boogie.



## EAT WELL AND STAY HYDRATED

Being organised is an important step in trying to eat well. Buy online and get food delivered (Countdown do this), or ask friends or family to buy you supplies and get them to drop it at your door. Make sure after you've eaten to wash your dishes in hot soapy water, dry them and put them away or in the dishwasher.

## SELF CARE

It's easy to feel vulnerable and overwhelmed during this time so looking after ourselves and engaging in self care is really important. Self care is anything that you do to look after your mental, physical, spiritual and emotional health. It is important that you continue to take your medications. Contact your GP and ask about repeat prescriptions and call your pharmacy to see if they can deliver. If you are starting to become unwell contact your case manager or GP. If you are feeling unwell with flu-like symptoms stay at home and contact Healthline (0800 358 5453) for advice.



## STAY CONNECTED

Although we might not be able to catch up with family and friends in person, keep in contact with phone calls, Skype/facetime or texts. It's important to keep up to date with progress of COVID-19, but remember to take time out from social media and the news, and make sure the information you are getting is from reputable sites. Constant bombardment can become overwhelming and distressing.



## TRY SOMETHING NEW & GET JOBS DONE

Self-isolating for 14days can be tough but this is an opportunity to try something new such as trying a new recipe, or learning a skill online such as Spanish...hola! This is also an opportunity to get some of those jobs done you have been putting off for months (or years). This might including sorting out the linen cupboard, cleaning the cupboards or organising your bills.



# *Stay occupied at home*

Keeping occupied and busy is important for our mental health. It can provide distraction from worrisome thoughts, helps use time productively, provides opportunity to learn and build skills and maintains good health.

Here is a list of lots of different things you can try at home to stay occupied.

- Read a book.
- Wash the dishes.
- Have a bubble bath.
- Mow the lawn.
- Pray or meditate.
- Paint your nails.
- Make a home movie.
- Sell old items on Trademe.
- Do a jigsaw puzzle.
- Take the dog for a walk.
- Call a friend.
- Watch some comedy online.
- Sort out the linen cupboard.
- Try a new recipe.
- Listen to your favourite album/cd.
- Watch a movie.
- Do some grounding exercises.
- Write a letter to a friend.
- Clean your bedroom.
- Do your grocery shopping online.
- Try a word puzzle/sudoku.
- Brush your teeth.
- Have an indoor picnic.
- Watch some Ted Talks.
- Mindfully drink your cup of tea/coffee.
- Stretch your muscles.
- Make a playlist.
- Go down to the beach.
- Read your bible/Koran/Torah.
- Clean your car/bike.
- Hoover the house.
- Bake some scones or biscuits.
- Go for a bike ride.
- Sing to your favourite songs.
- Play an instrument.
- Learn to play an instrument.
- Have a daytime disco.
- Do some drawing/art work.
- Update your wellness plan.
- Pay the bills.
- Organise your paperwork.
- Learn a language online.
- Learn to knit/sew.
- Make some jam/chutney.
- Create a list of pleasurable things.
- Write a list of the things you're good at.
- Draw a picture of yourself.
- Do a budget plan.
- Write a story/poem.
- Play some cards.

If you wish to discuss this further please speak with your  
Occupational Therapist or Case Manager.