Tips for managing Physical and mental health under isolation.

Identify ways to make life easier during isolation. Challenge negative thoughts and feelings and work to reframe and prevent them.

Plan your day

Establishing a routine and planning your day makes life a little easier. A routine will give you a sense of purpose and limit distractions.

Exercise

We all know the value of exercise for phyical and mental health. Moving our body helps us to release stress, gain more clarity and feel better. Do whatever works for you and your situation.

Relax

Breathwork is really helpful for mind and body health. Try some yoga, meditation, listening to a book or music all helps us to relax.

Connect

Isolation is one of the biggest stressors of the pandemic. Missing family, friends and co-workers all have an impact on how we are feeling. Schedule regular calls to chat to people.

Reflect

Journaling is a great way to help us organise how we are feeling and helps us to make sense of it all. Journaling also promotes mindfulness and can prevent overthinking.

Nurture interests

What do you love to do? What have you been wanting to do that you haven't gotten around to doing? Listen to podcasts, watch a series, start a new project or hobby.

Sleep

Sleep is one of our best kept secrets to health and happiness. Different parts of our sleep cycle are for different parts of body and brain health. Make sure sleep hygiene is a priority.

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