Routines are important

1 If self-isolating, it's more important than ever to practice self-care and to look after ourselves. Routines are really important.

2 Isolation can be difficult. Make sure to look after yourself by eating regular meals; drink plenty of water; have regular showers; and try to get enough sleep.

3 Set an alarm, get up on time. Start with whatever suits your style - maybe exercise, shower, eat, then study. Wear clothes that you feel good in. Routines such as these signal that we are ready to start the day.

4 Reduce social media and news channels if you find they are not helping your situation. Practice empathy and self-compassion. Limit unhealthy sleep habits such as using a screen before bed.