

COPING WITH BEING STUCK INDOORS & OUT OF ROUTINE



Let's face it: too much time inside with nothing to do is not good for our mental health. It can lower your mood, energy levels and motivation. You can end up feeling cooped up, restless, irritable and/or lethargic.

The best thing to do is **set up a daily routine** for yourself that has a mix of self-care, being productive and leisure.

Being Productive

Finding ways to be productive/accomplish things is particularly important. This gives us a sense of purpose and allows us to enjoy our leisure time even more.

Start by asking yourself "What have I been meaning to get done?" and then **write a to-do list**.

Also ask yourself "What do I want to learn or get better at?" e.g. guitar, make up technique, a language, trigonometry, drawing people

Making your daily schedule

Read the list of activities below and mark the ones you are interested in or that are possible in your house.

ACTIVITY IDEAS



- Listen to music
- Hang out in the garden or on the balcony, notice nature (trees, birds, clouds)
- Read (there are so many great books!)
- Dance
- Have a bath
- Watch TV or a film
- Go for a run
- Do school work
- Practice a musical instrument
- Clean and tidy your room
- Cull your clothes - make piles for charity shop and for the clothes bank
- Cook or bake (try a new recipe)
- Take care of your pets
- Write (stories, poems, songs)
- Draw (follow online tutorials and learn how to draw something new)
- Do a work out/circuit training
- Help out with spring cleaning the house - attic, garage, spare room
- Do yoga (great videos on YouTube)
- Make a gift or card for someone
- Window shop online
- Style or dye your hair
- Paint your nail
- Play with younger siblings
- Jigsaws

- Board games
- Go for a cycle
- Write in a journal/diary
- Organise photos into albums
- Art project
- Puzzles (sudoku, word search, crossword)
- Card games
- Catch up with someone you have been out of touch with (online, by phone or write them a letter)
- Research classes or clubs you might want to join (sport, dance, drama, social)
- Make a memory box or a scrap book
- Learn a language (check out Duo Lingo app)
- Gardening
- Research and plan a holiday
- Learn to touch type
- Relaxation (breathing, stretching, meditating, apps like “Stop Breath Think”, “Headspace” etc)
- Listen to a podcast
- Research college courses or career options
- Play video games
- Make a playlist
- Beauty treatments - face mask, hair mask, pedicure

Add some ideas of your own

- _____
- _____
- _____
- _____

Attached is a blank template for writing out your daily schedule.

Below is an example of a daily schedule. Everyone's will be different. You may be expected to do much more school work! Make sure to specify start and finish times. Aim for good bit of variety, mix up the type of activities you do (i.e. don't have your schedule exactly the same everyday).

TIME	CATEGORY	ACTIVITY
9.00am	SELF CARE	Get up
9.00 - 10.00	SELF CARE	Shower, get dressed, breakfast, brush teeth
10.00 - 12.15	PRODUCTIVITY	School work
12.15 - 1.00	SELF CARE	Exercise - go for a run, circuits/work out video, yoga video
1.00 - 1.30	SELF CARE	Lunch
1.30 - 2.30	LEISURE	Creative - music, art, writing, baking, making something
3.30 - 4.30	PRODUCTIVITY	Helping out, jobs around the house, tidying your room, gardening
4.30 - 5.30	LEISURE	Chill time - hobby
5.30 - 6.30	PRODUCTIVITY	Increasing skill - do something you are trying to get better at
6.30 - 7.00	SELF CARE	Dinner
7.00 - 7.30	LEISURE	Go outside, into garden, play with pets, go for a walk
7.30 - 9.30	LEISURE	Chill time - TV, film
9.30 - 10.00	SELF CARE	Bath/Shower
10.30 - 11.00	LEISURE	Read, listen to podcast
11.00pm	SELF CARE	Lights out, sleep time

Top tips

1. Stick to set get up time and bed time
2. Set a limit on screen time
3. Exercise
4. Get fresh air (balcony, garden, walk on your own if possible)
5. Accomplish something (school work, house work or building skill/getting better at something)

What to do if you get anxious about the Covid 19 pandemic?

- Notice and label/name how you are feeling
- Normalise and validate = “It makes sense I am feeling a bit worried, we are in difficult times” and then do something to bring anxiety down
- Practice deep breathing and releasing tension through stretching
- Recognising when your thoughts drift into worrying and trying to bring your focus back to the present moment - what you are currently doing, what is going on around you
- Engaging in distracting activities - whatever helps to get your mind off your worries
- Be conscious of what you are consuming. Stop watching, reading or listening to news stories about the pandemic. Try to change the subject or wrap up a conversation if the other person is talking about the pandemic.