

Plan how you spend your time

- Plan how you spend your time. It might help to write a list to keep focus on what to do.
- Try to follow your ordinary routine as much as possible.
- Get up at the same time as normal, follow your usual morning routines,
- Go to bed at your usual time. Set alarms to remind you of your new schedule if that helps.
- If you aren't happy with your usual routine, you could do things differently. For example, you could go to bed earlier, spend more time cooking or do other things you don't usually have time for.

Liven up your phone calls by agreeing to watch a show or read a book before discussing it in a conversation.

Keep changing and moving

- Open the windows to let in fresh air. Or you could spend time sitting on your doorstep, or in the garden if you have one.
- Try looking at the sky out of the window or from your doorstep. This can help to give you a sense of space.
- Regularly change the rooms you spend time in.
- Stay connected with current events, - be careful where you get news and health information from
- If news stories make you feel anxious or confused, switch off or limit what you look at for a while.
- Social media can help you stay in touch with people, it might also make you feel anxious if people are sharing news stories or posting about their worries. Consider limiting how you use social media. You might decide to view particular groups or pages but not scroll through timelines or newsfeeds.