



Coping at home during Coronavirus

Some tips to help you

If you're confined to your house to prevent the spread of Coronavirus, it might feel more difficult than usual to take care of your health and wellbeing. But there are things you can do to stay physically and mentally healthy during this period.

Here are some ideas:

- Stay social
- Keep in touch with your family, friends and neighbours by phone, video-conferencing, instant messaging and social networks.
- Try to maintain a daily routine but ensure you have some contact with others.

Distract yourself with the things you enjoy

Doing things you enjoy is a good way to distract yourself from the latest news. Take some time out of your day to go for a walk or maybe find somewhere quiet to sit with a book.

You might also like to watch a movie or catch up on a TV programme or series. Or find some recipes you've been meaning to try and do some cooking or baking.

Try to keep active

It's important to try and maintain some physical activity in your daily routine when you're at home. If [government advice](#) allows you to leave the house, try to do one form of exercise a day – such as a run, walk or cycle, alone or with other people you live with.

If you need to exercise at home, there are lots of things you can do suitable for most ages and abilities – for example cleaning your home, dancing to music, going up and down stairs, and following online exercise workouts or DVDs.

Get as much sunlight, fresh air and nature as you can

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed.

Tips include opening the windows to let in fresh air, spending time in the garden, using your favourite nature photos as the background on your mobile phone or computer screen, and listening to podcasts of natural sounds like ocean waves.

Clean out the clutter

You could think of having a clear out and setting any old possessions aside to donate or use online selling sites for things you don't want to keep.

Another idea is to have a digital clear out where you delete any old files and apps you don't use, update all your passwords or clear out your inboxes.

Catch up with admin

This might be a good time to deal with any admin tasks that you haven't got around to and work through any to-do lists. You could also write letters, emails or make phone calls to people you've been meaning to catch up with.

Find ways to relax and be creative

Find ways to take notice of the present moment and use your creative side. Options include arts and crafts (e.g. drawing, colouring, painting, collage, sewing, craft kits), DIY, [mindfulness](#), playing a musical instrument, singing or listening to music, writing, yoga and meditation.

Stay mentally active

Keep your mind stimulated by reading, doing puzzles, or learning something new like a foreign language or musical instrument. You might be interested in taking an online course - take a look at [FutureLearn](#) and [OpenLearn](#).

For something a bit different, you can even [take a virtual tour of 12 museums](#) from your chair.

And finally, don't forget to keep in touch with people via phone, text messages, e-mails, social media, and remember to ask friends and neighbours for help if you need groceries or medication.

Useful links

- [Mind](#)
- [Mental Health Foundation](#)
- [Rethink Mental Illness](#)

