

## Surviving Self Isolation

With the current coronavirus situation, many people are self-isolating. Being stuck at home for more than a few days can take its toll on your mental health. The key is to keep busy. Everything seems so serious at the moment, we thought this could be a good way to make things a bit lighter. Here are some ideas of fun or productive things you could do if you're having to stay at home.

Some of the ideas require internet connection, many don't. You may not have materials for some these activities in your home, but we hope a few of them inspire you!

**1. Learn something new:** Maybe take an online course! Now is a great time to learn that skill you have had no time to learn before. There are so many organisations offering free courses! Check out [www.futurelearn.com](http://www.futurelearn.com).

<https://www.bradfordcollege.ac.uk/study/distance-learning> and

<https://www.reed.co.uk/courses/free>. Or you can simply go on YouTube and find tutorials for free. There are so many possibilities.



**2. Read a book:** Maybe see this time as a chance to read a book. It could be your favourite book or something you've been meaning to read for ages! If you are a Calderdale library member you can access books from home and download a maximum of 5 titles at a time. There is a choice of around 3,000 free eBook titles to compatible eReaders, tablets and PCs. You can choose a loan period of 1 to 14 days, using your library membership card.

Books are automatically 'returned', with no fines to pay and no trip to the library needed. You can also renew eBooks that have not been reserved by other customers. You can suggest, or request books for free too!

You will also find a selection of around 2,500 eAudio books. These can be downloaded in many formats, to suit most listening devices. Just google Calderdale library where you will find all the info.

ebooks are also available to buy online from [Amazon](https://www.amazon.com).

**3. Have a movie marathon:** Prepare some snacks, get your pyjamas on, the light down low and enjoy a movie fest or bunker down with a box set!

**4. Try a new craft:** There are so many crafts out there which are lots of fun! You could paint, draw, knit, sew, crochet, do bullet journaling, papercraft, make jewellery...to suggest a few. Pinterest is a fab place to look for inspiration!



**5. Do some home repairs:** Have your wardrobe doors being hanging off for months?! If there are repairs which have been needed around the home which you haven't had time to do, now is a great time to get them done and feel productive.

**6. Try a workout challenge:** If you're not able to go for a walk/to the gym, no problem. If you have a TV or laptop, even from your phone, you can start a free Youtube workout challenge to stay active from home. There are many good free workouts online from Zumba, dance to yoga!

**7. Play video games:** Channel your inner child and play some games on your laptop, phone or games console.

**8. Blog or vlog about your experience:** Perhaps you could write or make videos about your experience?! It's a great way to pass the time and you could perhaps connect with others. This doesn't even have to be about your self-isolation. You could start a blog or a YouTube channel about your life or something you love doing!



**9. Creative writing:** You could write a short story or a poem to express your feelings or keep your mind busy. Maybe start a journal? An idea to get you warmed up could be – take the number of your age e.g. 55 and write 55 things that have made a positive impression on your life so far/small things that make a difference e.g. England winning the world cup, birth of a child, sunsets, chocolate ice-cream...

**10. Upcycle something in your home:** Choose an object in your home and upcycle it! You could choose anything small or large. You could make a table more interesting, paint a cupboard that looks boring or reupholster a stool.

**11. Try meditation:** Meditation is a great way to relax and unwind. You can find resources online to guide you.

**12. Play board games:** If you're at home with others, you could play board games. If you're alone, you could play card games with only require one player (such as solitaire).

**13. Create your own board game!**

If you don't have a board game or you're bored of the ones you do have, you could create your own! You can make it based around any concept you like, really let yourself have fun with it.

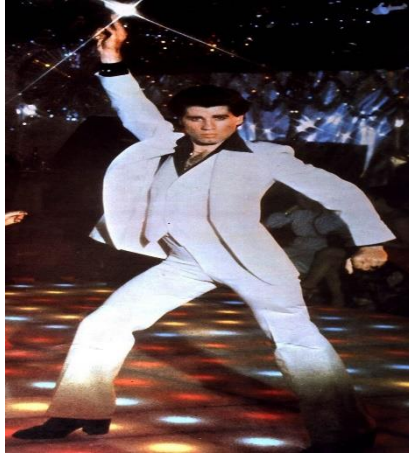
**14. Jazz up a piece of clothing:** Pick a piece of clothing you don't really wear anymore and make it more interesting. You could sew it to alter it, add decorative patches, or even try tie-dye!



**15. Organize and declutter your home:** Staying home gives you a chance to spring clean your place at your own pace. You can start slowly, perhaps find old toys the kid's don't play with anymore, look for things you don't use and have stored somewhere and forgotten about. Collect all unwanted items to donate and give away.

**16. Write letters to your loved ones:** Most people use email, social media, phone calls and text now to keep in touch with each other. Sometimes letter writing can feel so much more personal. You could write letters to all of your loved ones and post them when you are back to your usual routine. Get back to snail mail!

**17. Create detailed playlists of your favourite music:** This one is fun *and* productive. Create a playlist of your favourites and enjoy them while you work on it.



**18. Then put your music on and dance around your living room!**

Put your favourite upbeat songs on that just makes you feel happy, and dance around! Be silly, sing along and have fun!

**19. Go through your wardrobe and pick out clothes to donate:** If there are things you no longer wear, you could create a bag of clothes to donate to charity once you're able. Get your spring wardrobe ready and put all your winter clothes away. Google "Marie Kondo" for organisation tips!

**20. Sort your photos:** Have a trip down memory lane and put your old photos into albums and/or delete and save photos from your phone. You can also create photo books to print. There are many websites to do this online from your home.

**21. Teach your pet a new trick (if you have one)**

If you have a pet, you could teach them a new trick, play with them, clean them out or groom them!

**22. Make handmade gifts for all of your family and friends**

You could make anything you like, from decorated drinking glasses, handmade candles or paintings! There are so many options.

**23. Have a pamper day**

Set aside some time to give yourself a treat. You could take a bath, do a facial treatment, paint your nails, soak your feet, deep condition your hair, the whole works!



**24. Colour in:** Get a colouring book (you can get really fun ones for adults too) and colour in. It can be really relaxing.

**25. Call people you haven't spoken to in a while:** Reach out to people you might not have heard from for a while. You could call them or use social media. Find out what they've been up to and strengthen that connection.

**26. Deep clean your kitchen:** Maybe a bit boring one, but satisfying once done! Now you can finally focus on deep cleaning your kitchen. Organize your kitchen drawers, clean your oven/microwave, clean your dishwasher, move the fridge and stove and vacuum behind them.

**27. Organize your computer's desktop and files:** If your computer's desktop is filled with random files, photos and documents, take some time to go through them and organize everything. Having a clean desktop feels so good.

**28. Clear your inbox:** Perfect time to go through all your e-mails and respond to those that have been waiting to hear from you for a while. Get that inbox to zero and feel the satisfaction.



**29. Bake and make pasta sauces, jams and things you can store/preserve long term:**

This one can involve the kids, get them to help you bake cookies, muffins, extra snacks, and things you can eat in the next few weeks.

**30. Write letters to catch up with family and friends:** Since we won't be travelling to see friends and family for a while, writing letters and e-mails to loved ones is a lovely way to stay connected. Try sending snail mail for a change.

**31. If you have a garden** Don't forget to go outside and enjoy some fresh air. We all need it and the vitamin D right now.

**32. Still life drawing** you don't need any fancy materials, just a pen and a scrap of paper – choose an object: plant, window scene, shoe etc. spend time studying its form, where the light and shade fall, the detail/intricacies and copy them. Alternatively, find a picture from an album/on the wall/from a magazine and copy the picture



**33.Stretching** can help focus and ground you when you are feeling anxious and improves flexibility

Look at the positives of this situation and the fact that you have some extra free time at home to do things you used not to have time to do. Try to live a normal life as much as you can within our new “normal”.

Share your own ideas of productive things to do to inspire others, and share this post with friends and family looking for productive things to do while we deal with the coronavirus outbreak.

**Stay safe, healthy, and productive.**

### **References**

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