

## Stay Motivated

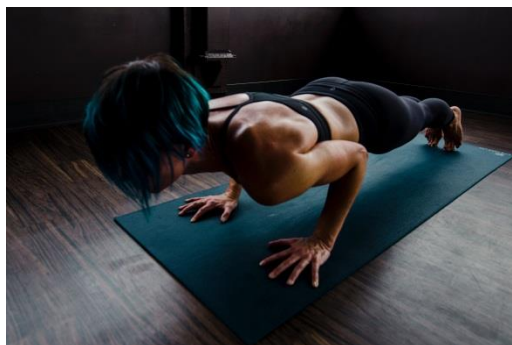
While the situation at present is frustrating, there are things you can do to make your time at home enjoyable and take care of your mental health.

### Stay Active:

Staying active not only will ensure you keep your body moving, but exercise also helps reduce stress, boost your energy levels and keeps you more alert. There is plenty you can do in the house and garden or try to get outside for your daily fresh air and vitamin D.

If unsure what you can do - here are some suggestions:

- Mr Motivator health and well-being coach on YouTube
- Joe Wicks online P.E sessions
- 25+ Fitness Studios and Gyms Offering Live-Stream Workouts during the Coronavirus Outbreak. If you're a gym member – check to see if they offer an online streaming service
- CorePower Yoga's live Class on YouTube twice daily
- Seen On Screen has been making waves offering dancers of all levels the chance to learn routines inspired by stars including Beyoncé, Rihanna and Britney Spears.
- Dance cardio studio 305 Fitness is also offering free dance fitness classes on its YouTube channel, which are being shown at 12pm ET (4pm GMT) and 6pm ET (10pm GMT).
- <https://www.nhs.uk/live-well/exercise/gym-free-workouts/?tabname=couch-to-5k>



## Stay Relaxed:

Escape from reality for a period every day in the form of books, films or TV shows – Give that stack of books your attention and delve into a world of storytelling.

Make the most of streaming services; relax on the sofa and watch a film, a box set or listening to music. If you are lost for ideas why not try:

- Pamper yourself – Enjoy the Ultimate relaxed night in and pamper yourself. Run a bath, light some candles and unwind with some music whilst enjoying a soak.
- Find a hobby - fill your spare time with something creative and distracting. Some hobbies can often be very expensive and require you to go outside and socialise. Luckily, there are still lots of cheap or free hobbies that are fun, educational and rewarding. If in doubt try the following:
  - DIY- Use your time productively and do some upcycling. Do some home repairs, make your own clothes or create your friends some self-made presents. You'll learn a new skill while improving your home!
  - Start knitting this low cost handy hobby can help you pass time.
  - Teach Yourself A Language – There are many free resources online to help you learn another language. Why not try Babbel or Duolingo for an easy mobile learning experience.
  - Start a blog - Blogs are a great way to express yourself, find like-minded people and express your ideas in a fun and informative platform.
  - Play cards, board games - Set aside an evening to play board games with your friends or family. This fun hobby is a low-cost way to spend time with your loved ones, as you only need to buy a second-hand board game – or it is free, if you already have some laying around
  - Discover New Music - Look for new music on music websites, YouTube or Spotify by searching for your favourite genre. You could find a band you love!
- Be Creative! If you are unable to spend the face to face time with your loved ones, there are always alternatives. Why not try a video call while playing a game of chess or monopoly? The possibilities are endless.



## **Stay engaged – keep your routine!**

For many of us at this time, our normal routine has changed considerably and it can be tempting whilst spending so much time at home to forget to keep ourselves busy but many studies have shown that keeping to a routine can really help to bolster your mental health. Also keeping to a routine will make it easier to return to your normal routine once the lockdown has been lifted.

Some of the types of things to consider could be:

- A set bedtime and wake-up time.
- A healthy breakfast. Time to blow off steam.
- Exercise.
- Taking medications at the same time daily.
- Prioritize your to-do list.
- Appreciate what's good in your life.
- Adequate sleep.
- Fun and simple pleasures.
- Build and enjoy your relationships.

