

### Quick tips:

- Look after yourself, pamper sessions
- Keeping snacks out of reach to limit unconsciously eating.
- Keep a routine (still get up, washed and dressed) as usual
- Even if you're staying in PJs, have a different set for daytime
- Regular breaks if you are working
- Get outside and continue to exercise – a walk at the end of the day separates rest from work well (and we're still allowed to do this currently)
- Connect via video calls- you can still have drinks with friends this way! You can use regular video call or an app called **House party**
- Don't check the news regularly- this can cause further unease and anxiety

### Further ideas and suggestions:

#### Music:

Search for calming or uplifting music on Spotify/YouTube

- Study Alpha Waves playlist – Spotify: peaceful background music that won't distract from work/studies
- Yoga Playlist of the Month – Spotify: mindful music for yoga or just for peaceful background sounds
- Music with lyrics – search for pick-me-up music or easy listening to lift your spirits

#### Online choirs/orchestras:

<https://www.thesofasingers.net/#>

<https://decca.com/greatbritishhomechorus/>

#### Rest and mindfulness:

Search for peaceful music or narrated exercises/stories on Spotify/YouTube

- Meditation playlists – calming instrumental music
- Free mindfulness sessions: <https://mailchi.mp/oxfordmindfulness.org/a-message-from-the-oxford-mindfulness-centre?e=ff2edcd33f>
- Deep sleep playlists – for those feeling unsettled at night-time
- Guided meditations – narrated mindfulness exercises
- Bedtime stories for adults – narrated tales to help you drift off
- Free mindfulness live stream taking place on 25<sup>th</sup> March  
<https://www.eventbrite.com/e/free-livestream-with-jon-kabat-zinn-tickets-100312545524>

#### Exercising at home:

- P.E with Joe Wicks- available daily via his Instagram account (for both adults and children)

Search YouTube for your own exercise preferences as well as the below

- Zumba: [https://www.youtube.com/results?search\\_query=zumba](https://www.youtube.com/results?search_query=zumba)

- Street dance for beginners: [https://www.youtube.com/results?search\\_query=beginners+street+dance](https://www.youtube.com/results?search_query=beginners+street+dance)
- Ballet for beginners: [https://www.youtube.com/results?search\\_query=beginners+ballet](https://www.youtube.com/results?search_query=beginners+ballet)
- Sweaty Betty boot-camp: [https://www.youtube.com/watch?v=vfmHNUlgn\\_w](https://www.youtube.com/watch?v=vfmHNUlgn_w)
- Body-combat inspired workout: <https://www.youtube.com/watch?v=NmMRFWllokK4>
- Cardio-kick-boxing workout: <https://www.youtube.com/watch?v=6oLg5fFe5ww>
- Yoga: [https://www.youtube.com/results?search\\_query=yoga+with+adriene](https://www.youtube.com/results?search_query=yoga+with+adriene)
- Pilates: [https://www.youtube.com/results?search\\_query=pilates](https://www.youtube.com/results?search_query=pilates)

### Keeping boredom at bay:

Why not try one of these activities to keep boredom at bay and learn some new skills?

- Get mindful: try mindfulness colouring, writing in a journal or practising breathing techniques through mindfulness meditation
- Get sporty: stay active and learn some new moves with dance, martial arts or Pilates
- Get connected: check in with friends and loved ones by phone, video-call and message or play remote games with them
- Get brainy: do a puzzle, find a problem-solving app or read that book that you haven't had time for
- Get crafty: learn to knit, sew or crochet; try card-making, origami or jewellery making - you might even make a nice gift for someone to pass on when this is all over
- Get creative: try painting, drawing or creative writing as a way of expressing yourself while avoiding boredom
- Get foody: try baking, cooking or smoothie-making; make a note of any recipes you'd like to repeat in future
- Get organised: sorting out can be therapeutic - try getting on top of paperwork or reorganising your wardrobe. Try to think of a task you've been meaning to do for ages and that you've been putting off.
- Use social media to your advantage: There are a number of celebrities who are launching 'cook-a-longs' or discos from their Instagram accounts, make sure you're following all your favourite people! Facebook are also doing a live pub quiz tomorrow night that you can get involved with.

### Support with cooking/food

- Jamie Oliver: Keep calm and carry on cooking- Channel 4 and catch up. Flexible recipes for foods you are likely to have in the home already
- Cooking help and recipe ideas: <https://www.bbc.co.uk/news/uk-england-nottinghamshire-51947304>
- Further recipes: <https://www.bonappetit.com/gallery/cooking-at-home-coronavirus>

### Other Resources:

<https://www.kateanthony.net/shortcoursementalhealth/>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.mind.org.uk/workplace/mental-health-at-work/coronavirus-supporting-yourself-and-your-team/>

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Tips and tricks: [https://lifelacker.com/how-to-look-and-sound-great-on-a-conference-call-1842431127?utm\\_source=lifelacker\\_newsletter&utm\\_medium=email&utm\\_campaign=2020-03-23](https://lifelacker.com/how-to-look-and-sound-great-on-a-conference-call-1842431127?utm_source=lifelacker_newsletter&utm_medium=email&utm_campaign=2020-03-23)