



WORKSHEET B: ACTIVITIES THAT CAN BE ACHIEVED WITH RESTRICTIONS

ROUTINE <i>e.g. morning shower, completing work for each module, keeping fit on the exercise bike</i>	PLEASURABLE <i>e.g. watching movie and over coffee, chatting to University friends about it by video-chat</i>	NECESSARY <i>e.g. revising for exams, getting mitigation form completed to extend essay deadline</i>

When you've done this, it's also worth thinking about the opportunity COVID-19 may present to get around to tasks you've always put off doing. It may be you've been avoiding these tasks, as they are generally not enjoyable.

Even if this is the case, now may be as good a time as ever to get it done and just think how it will feel if you can get it out of the way.

