

Practical Strategies To Use During This Time - Try and choose several of these to do each day.

- Reach out to people as much as possible over the phone
- Find opportunities to be kind and generous to others
- Keep exercising and stretching (have a floor mat out and ready if needed)
- Drink more water
- Make simple and comforting food - eg chicken noodle soup
- Practice self compassion - treat yourself and talk to yourself as you would a close friend
- Use relaxation and breathing exercises (breath in for 3 seconds hold for 3 seconds breath out for 3 seconds hold for 3 seconds do this for about 3 minutes) - progressive muscle relaxation - clench and tense each muscle in your body one at a time and hold for three seconds - move your way up from feet, calves, thighs, tummy area, shoulders/ neck, arms, face)
- Go into the garden if you have one, go into nature as much as practicable
- Use a heat pack on your shoulders / chest
- Light an oil burner
- Read a book
- Play a musical instrument (leave out if possible to pick it up easily)
- Do some craft / sewing / cross stitch / knitting (leave things out and ready to use if you have space)
- Paint (leave things out and ready to use if you have space)
- Clean up and re-organise areas of your house
- Set up a new area to sit / work that you find relaxing (eg a comfortable corner)

Add further ideas here
