

## Surviving self-isolation

Dr Radha, advice on Radio 1 Life Hacks: Coronavirus Anxiety and Body Shaming (Sunday 15 March 2020)<sup>1</sup>

If you are feeling anxious about a lack of control and uncertainty:

- **Recognise ‘what am I in control of?’** You are in control of handwashing and prevention strategies.
- **Recognise what is outside of your control.** There are things that you cannot control and try to let those go. Take one day at a time, be flexible in your approach, try to be prepared and talk to other people about how you are feeling.
- **Recognise that the rest of the world is in the same position.** Think about how we can come together, how we can help each other, come together as a team, as a community, to help each other get through this.

How can people deal with their mental health if they must stay in and aren't able to do the things that they usually do?

- **Go back to basics.** Find ways of connecting if you are having to self-isolate, phone people, gather a local community online, like a peer support group that you can chat to and text, as well as do activities together online. Social Media can be a force for good but choose the right accounts to follow and choose how much time you are spending on it to reduce the isolation.
- **Keep your mind busy** – read some books, listen to podcasts, do puzzles, do online courses, take part in online gaming... do crafting, painting, or drawing
- **Keep as much of a routine as possible** – humans like routines and when the world is so unrecognisable it is important to keep a routine. Try to get up at the same time every day, try to have a shower and get dressed at the same time every day, and have a plan for your day – don't just let your day drift off.
- **Try to keep active** – There are lots of videos online that you can do.
- **Nature** - listen to sounds of nature and get out in your back garden
- Do all those admin tasks you have been putting off!

<sup>1</sup> Listen to the full podcast at <https://www.bbc.co.uk/sounds/play/m000gdrl>