**How to keep yourself sane when self-isolating.**

• If people offer help, with shopping, chatting or other things take it!

• Talk with your family about checking in with you every day, spreading the responsibility between more people will hopefully make it manageable.

• Try and exercise gently in your home and in your garden if you have one.

• Do a jigsaw

• Watch tv but avoid too much news or live programming talking about the virus.

• Sort out drawers/cupboards. Make sure you do small amounts, make a plan if it helps.

• Send a card/letter/e-mail to friends who are also self-isolating. If you see something that makes you smile in a newspaper cut it out and send it to someone who might enjoy it.

• Keep in touch with friends by telephone as well.

• Learn a new skill, if you can use the internet, YouTube is a great source of inspiration to learn all sorts of activities. You could learn to identify bird songs or find out the difference between British native bees.

• Schedule in times every day to do an activity that you really enjoy, be it knitting, cooking, reading, etc.

• Experiment with cooking. Try new recipes

• Keep a diary, this is a time that people will remember.

* Try to keep to a similar routine each day