

# Managing your mental health whilst in self-isolation or quarantine

There are a number of ways to support your mental health during periods of self-isolation or quarantine.

- Remind yourself that this is a temporary period of isolation to slow the spread of the virus.
- Remember that your effort is helping others in the community avoid contracting the virus.
- Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.
- Engage in healthy activities that you enjoy and find relaxing.
- Watch, listen to and do things that make you laugh
- Keep regular sleep routines and eat healthy foods.
- Try to maintain physical activity.
- Establish routines as best possible and try to view this period as a new experience that can bring health benefits.
- Catch up on some DIY
- Finish or start reading that book you've been wanting to read
- Perfect time to take up a relaxing or creative hobby
- For those working from home, try to maintain a healthy balance by allocating specific work hours, taking regular breaks and, if possible, establishing a dedicated work space.
- Avoid news and social media if you find it distressing.
- Sign up to an online course
- Maintain perspective-remember that medical, scientific and public health experts around the world are working hard to contain the virus