

# Coping with Social Distancing – Top Tips

- **Keep to a routine** – create a routine and try to stick to it. Routine helps us to predict the world and can be very reassuring



- **Shower/bath and get dressed every day** – although it can be relaxing to stay in your pyjamas all day occasionally, if we do this every day for several weeks we are likely to start to feel a lack of energy and motivation leaving us feeling sad and depressed



- **Daylight** – daylight will help to lift your mood & help you feel happy - open your curtains, open your windows, sit in your garden if you have one, go outside for a walk



- **Drink lots of water & eat healthy food** – this will help keep your immune system strong, especially food with vitamin C like oranges



- **Limit drinking alcohol and smoking**



- **Stay connected to others** – call at least one person every day



- **Keep active** – exercise keeps us physically healthy but more importantly at this time it will lift your mood and help to keep you happy, try to do some sort of exercise every day

Go for a walk



play some music and dance around your lounge



walk up and down your stairs 10 times



do some cleaning

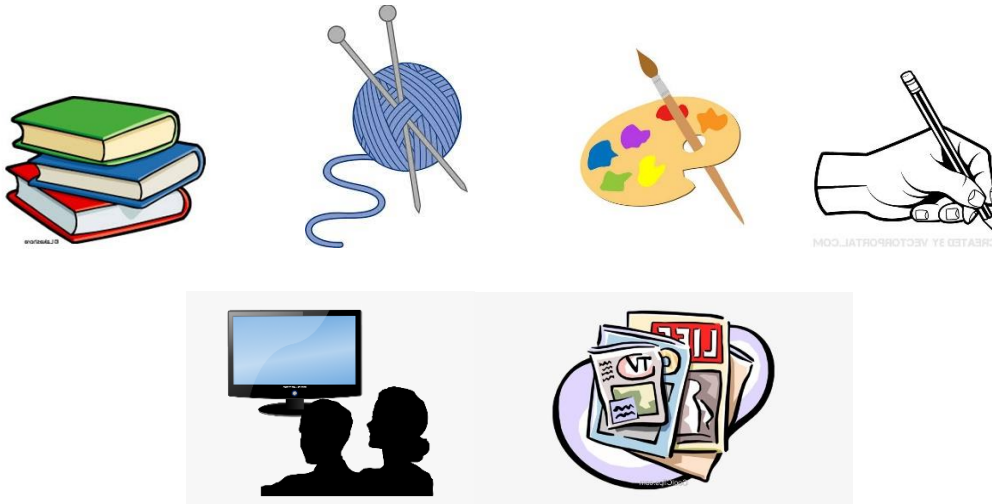


do one of our Baked Bean exercise and warm up videos on our YouTube



[www.youtube.com/c/Bakedbeancompany](http://www.youtube.com/c/Bakedbeancompany)

- **Keep your mind active** – work out what activities you want to do; reading, watching films, listening to podcasts or audio books, drawing, painting, magazines, activity books or any of your favourite hobbies or activities.



Useful websites for online activities and resources:

March Network have put together a webpage of organisation that have created some online resources to keep people active at home

[marchnetwork.org/creative-isolation](http://marchnetwork.org/creative-isolation)

Hundreds of free West End musicals and plays to watch –

[filmedonstage.com/news/76-free-musicals-and-plays-you-can-now-stream-during-the-coronavirusoutbreakupdatingdaily](http://filmedonstage.com/news/76-free-musicals-and-plays-you-can-now-stream-during-the-coronavirusoutbreakupdatingdaily)

Chatterpack - lots of virtual tours of museums, art galleries, zoos as well as lots of online learning - [chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home](http://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home)

- **If you are feeling anxious** try to talk to someone – talk to a family member or friend, call the Baked Bean office for support. If your anxiety gets worse talk to your GP

Created by The Baked Bean Company

