

## 15 Self Care Ideas While in Quarantine

While the world is on lock down it is easy to get in a funk. Whether it's being bored out of your mind, or just falling into unproductive habits, everyone is battling something different. We have seen spring cleaning, at home workouts, and people walking their dogs more than usual. All these things are ways to keep busy when there is not much else to do. They are also great mood boosters that can brighten your days. Why not use this quarantine as a time to practice self-care? Being inside gives us all the chance to make the best out of something we can't control. The only thing we can do is take care of ourselves and stay inside to take care of others. Here are 15 self-care ideas to make sure you are staying positive and feeling good mentally and physically:



### 1. Create a daily, timed schedule

It is easy to get caught up in being unproductive, binging your fave new Netflix series or not getting out of your pajamas, and all these habits can lead to mood changes. Many have found creating a daily schedule or routine will help increase your productivity and help lead to getting things done and feeling good about yourself. It's easy to create a schedule, make your own or, to help kick start your list, here are some ideas to help you:

- Wake up - same time everyday
- Make your bed – 10 min
- Coffee/breakfast/brunch - 45 min
- Get ready for the day – 1 hour
- Prioritize the one – two things you will accomplish today (could be more, but you'll feel better if you get something accomplished that was on your list)
- Exercise – 30 min
- Journal – 10 min

It's as simple as that. Sticking to a schedule will have you feeling more productive and allows you to feel positive about yourself.

### 2. Exercise

Exercising is one of the best ways to get your mental and physical health feeling good. Take this time to do something for your health, I promise you won't regret it. Whether it's walking the neighborhood (while maintaining social distance), at home workouts, or even watching some yoga classes provided by Youtube, your body will feel refreshed and more energized. Plus, there are dance companies and gyms offering free online classes. Look up your favorites to see what they have available.



### 3. Journaling

Journaling is one of the most relaxing ways to get your thoughts out of your head. Journaling helps to express feelings you didn't even know you had, whether it's getting some things off your mind, or writing what you're grateful for. All these ideas will help de-stress and keep you busy. You can even keep track of your daily activities as a reminder of how you got through self-quarantine

years from now.

**4. De-clutter** Almost everyone we know is using this time to do a little spring cleaning...or a lot of spring cleaning. Thinking positive, these times are allowing all of us to take a step back and do something around the house we normally wouldn't get around to during our normal lives. Use this time to really de-clutter your home, closet, pantry or just re-organize. This will let you check something off your on-going list.



**5. Take a virtual museum tour** Explore Egyptian relics at the **Louvre**, the famous spiral staircase at the **Guggenheim**, and the masterpieces at the **Van Gogh Museum**—all from the comfort of your couch. Canada's **Aga Khan Museum** is now offering immersive 3-D tours. And, thanks to **Google's Arts & Culture project**, the ROM's **Blue Whale exhibit**, as well as hundreds more around the world, can all be viewed crowd-free from your home.

**6. Take a bath** Give yourself 30 minutes to an hour in the morning or before bed and take a nice, warm bath. It's one way to relieve stress and let your body relax. There is nothing more soothing than a warm bath, it'll get you feeling refreshed and calm. Put some music on, a podcast, or even a show you've been needing to catch up on and make time for yourself. It's important!

**7. Actually meditate** Meditation is one of the best things you can do right now to relieve stress and improve your wellbeing. If you're like the rest of us, you sit down, try to "quiet" your mind... and then say "Well, now what?" There are several apps and you tube sites that walk you through meditation and mindfulness.



**8. Create a vision board** These are my favorite! While you're at home dig up some old magazines or print some pictures from the internet and create a vision board. Vision boards let you express yourself in an artistic way that bring your ideas to life. All you need is a poster board, or a few sheets of paper taped together and start gluing your dreams, positive words, or visions of your goals on it. Share your results to challenge friends and family to do the same!

**9. Adult coloring books** Coloring is also a great way to express yourself, and let your mind be captivated by the colors. Coloring helps anxiety, depression, and freeing your mind from the million things it's thinking about. It is something you can do to keep your mind occupied. If you don't have one laying around the house, you can always print some off and create your own book. Or take a plain white piece of paper and get doodling!



**10. Learn something new** Whether it's a recipe, new workout, or a new language, everyone can benefit from learning something new while being stuck inside. Not everyone is able to take some time and do something for themselves they've always wanted to do. Now is your chance to learn that habit you have always wanted to try. There are tons of videos you can find on youtube about learning something that fits you.

**11. Knit a bad hair day beanie** Needle arts used to be a staple for passing the time while making something useful and pretty. You can learn to knit, cross-stitch, embroider, crochet, or tatt with a beginner kit!



**12. Learn to bake homemade bread** There is no smell better than fresh bread baking but it can feel daunting for beginner bakers who don't know what "proofing yeast" even means, much less how to do it. Plus, who has the time to sit around rising, kneading, and then baking dough? You do, now! If you're already a pro, take this opportunity to learn how to bake a new type of bread, like sourdough, and teach this skill to your child while you're at it. Call your favorite family chef, friends who love to bake, or go on-line for recipes.

**13. Go for a walk or run** In most places, unless you are under a strict stay-indoors mandate, you are still allowed to go outside for exercise while still following self-quarantining rules (not in groups and while staying at least six feet away from others, of course). This is something you should take advantage of daily as exercise and sunshine are two of the best things you can do for your physical and mental health. Nature is one of the wonderful things that will never be cancelled - as is connecting with family and friends, listening to an audio book or music, spending time with your pets, exploring your neighborhood - all while taking a walk. Go ahead, give it a try!

**14. Finish a puzzle** Now is the perfect time to pull out an impossible-to-solve puzzle from that dusty spot in your closet. Or, try your quarantine team out on a new 1,000-piece challenge. If you can't get your hands on one at home, there are plenty of free online puzzles to stump (and delight) you.

**15. Remember that you're not alone** In times like these, it's easy to fall into feeling alone and being stuck in your own head. We all need to come together and make sure our friends, family and neighbors are staying safe, and staying busy. We've never been luckier to live in a time of technology where there are many ways to keep in contact with our people. Facetime, Google chat, text, email, call, or even write letters to your loved ones to make sure you are still catching up during these challenging times.

The possibilities are endless. We hope you find something here that's helpful. Remember, stay safe, healthy and follow your local guidelines for sheltering in place. This too shall pass.