

# How to Survive Lockdown

Lockdown has been put in place to try to minimize the number of people who get infected with Coronavirus. If lockdown was not in place, then Coronavirus would spread like wildfire and kill millions of people. One of the most important things you can do in a time like this is to stop feeling sorry for yourself and know that we are all in the same boat. We should all be trying to help out our local community as much as we can. Everyone should be doing their bit. Even if it's just picking up shopping for someone who is vulnerable. If you have lots of time with nothing to do then maybe you could have a conversation with someone who is on their own, this might also benefit you. When you are out for exercise say hello and smile at people – it can make a real difference to someone's day.

## How to stay mentally and physically healthy.

During lockdown it's important to look after your mental and physical health. This may seem like the least of your worries but it's the most important. If you don't have good mental and physical health, then you will lose all your self-motivation. If you have a garden, then you should try to spend as much time in it as possible. Dr Mathew White, from the University of Exeter explains that even a brief nature fix (10 minutes of wind brushing across our cheek, or the sun on our skin) can lower stress. You should be walking and exercising every day to help maintain physical and mental health.

These are a few physical and mental health activities:

- **BODY COACH** - [20 minute Body Coach High Intensity workout](#) **20 minute workout**
- **YOGA** - [Guided Beginners' Yoga session](#) **Yoga for beginners**
- **MINDFULNESS** - [Guided mindfulness session](#) **10-15 minutes mindfulness**

Lockdown is inconvenient for everyone, but there is always a bright side.

## There are a few positive things lockdown has achieved:

*People normally*



*People during quarantine*



People are getting outside more,



Air pollution is decreasing,

And now for a bit of humour!!!! 😊

Because everyone in Italy is quarantined, the natural wildlife has returned to the water and forests



The wildlife is returning. 😊

### How to survive with an annoying sibling and without your friends.

Do you have an annoying sibling that won't leave you alone? Most of us know your pain. Well we can help you out there. If you have already tried the 'locking yourself in the bathroom' trick and it didn't work, then I suggest you try something a bit more creative.

#### Method 1:



Hide and pray they don't find you...(not likely to work)

#### Method 2:



Tie them up and gag them. They stay silent for hours and don't disturb you. (Very effective) 😊

#### Method 3:



Put on a mask and tell them you have Coronavirus. (may work on younger siblings)

## Seriously though . . . . .

### As for surviving without friends...

This is a lot harder than it sounds. Friends aren't just friends, they are the family we chose for ourselves. When we are feeling down our friends are usually the ones we turn to. They sometimes seem to know us better than we know ourselves. There are many ways to stay in touch. You could have a phone call with them every now and then. You could go and visit them in their garden. If these aren't possible then you could go on a distance walk with them. You would find your day a lot more bearable if you could look forward to chatting with friends or family in the evening. You could try out some of the different video calling apps, do quizzes, fancy dress or just tour each other's house/ garden/ room to cheer yourself up.

### How to occupy your time.

With all this spare time on your hands why not learn/try something new? You don't have to be great at it, but you should always try your best and have a go at new things. Occupying your mind with something other than Coronavirus will help you feel more hopeful about the future. This will help lower stress levels.

#### To occupy your time, you could:

- Learn a new skill
- Play a board game
- Do a puzzle
- Chat to friends
- Do an online course
- Colouring
- Doodle
- Watch a nature documentary
- Take a look at some of the live nature cams
- Go for a long walk
- Do some gardening
- Try out some yoga
- Read a book
- Make some jewelry

### 5 Top tips for sanity!

Follow these 5 top tips to ensure you don't lose your sanity.

1. Don't wake up every morning and check what new rules have been put in place. Instead go for a walk/run this will help boost your energy levels for the day ahead.
2. Dedicate an hour of your evening to chatting with friends or family
3. If you are an adult, STOP drinking quite so much alcohol.
4. Do something you enjoy to find your happy place!
5. Try and do something physical every day.