

COPING WITH BEING STUCK INDOORS & OUT OF ROUTINE



Let's face it: too much time inside with nothing to do is not good for our mental health. It can lower your mood, energy levels and motivation. You can end up feeling cooped up, restless, irritable and/or lethargic.

The best thing to do is **set up a daily routine** for yourself. Aim for variety, a mix of self-care, being productive, exercise, social, creative and leisure.

Being Productive

Finding ways to be productive/accomplish things is particularly important. This gives us a sense of purpose and allows us to enjoy our leisure time even more.

Start by asking yourself "What have I been meaning to get done?" and then **write a to-do list.**

Also ask yourself "What do I want to learn or get better at?" e.g. guitar, make up technique, a language, trigonometry, drawing people

Making your daily schedule

Read the list of activities below and mark the ones you are interested in or that are possible in your house.

ACTIVITY IDEAS (Add in your own ideas too!)

<p style="text-align: center;">SELF CARE</p> <ul style="list-style-type: none"> ○ Have set get up and bedtime ○ Get dressed ○ Have a shower ○ Brush and floss your teeth ○ Have a bath ○ Style or dye your hair ○ Paint your nail ○ Relaxation (breathing, stretching, meditating, apps like “Stop Breath Think”, “Headspace”) ○ Beauty treatments - face mask, hair mask, pedicure 	<p style="text-align: center;">EXERCISE</p> <ul style="list-style-type: none"> ○ Go for a run ○ Do a work out/circuit training ○ Do yoga (great videos online) ○ Go for a cycle ○ Go for a hike ○ Skipping rope
<p style="text-align: center;">PRODUCTIVITY</p> <ul style="list-style-type: none"> ○ Do school work ○ Learn something new (e.g. how to cartwheel, draw or knit, a language, all the capital cities in Europe etc) ○ Get better at something you already do (- musical instrument, make up technique etc ○ Clean and tidy your room ○ Cull your clothes - make piles for charity shop and for the clothes bank ○ Help out with spring cleaning the house - attic, garage, spare room ○ Organise photos into albums ○ Research classes or clubs you might want to join (sport, dance, drama, social) ○ Learn to touch type ○ Research college courses or career options ○ Help others 	<p style="text-align: center;">CREATIVE</p> <ul style="list-style-type: none"> ○ Practice a musical instrument ○ Cook or bake (try a new recipe) ○ Write (stories, poems, songs) ○ Draw (follow online tutorials and learn how to draw something new) ○ Jigsaws ○ Art project ○ Make a gift or card for someone ○ Write in a journal/diary
<p style="text-align: center;">LEISURE</p> <ul style="list-style-type: none"> ○ Listen to music ○ Hang out in the garden or on the balcony, notice nature (trees, birds, clouds) ○ Read (there are so many great books!) ○ Dance ○ Watch TV or a film ○ Window shop online ○ Puzzles (sudoku, word search, crossword) ○ Make a memory box or a scrap book ○ Gardening ○ Listen to a podcast ○ Research and plan a holiday ○ Play video games ○ Make a playlist 	<p style="text-align: center;">SOCIAL</p> <ul style="list-style-type: none"> ○ Take care of your pets ○ Play with younger siblings ○ Board games ○ Card games ○ Catch up with someone you have been out of touch with (online, by phone or write them a letter) ○ Video call a friend

Attached is a blank template for writing out your daily schedule.

Below is an example of a daily schedule. Everyone's will be different. You may be expected to do much more school work! Make sure to specify start and finish times. Aim for good bit of variety, mix up the type of activities you do (i.e. don't have your schedule exactly the same everyday).

TIME	CATEGORY	ACTIVITY
9.00am	<i>SELF CARE</i>	Get up
9.00 - 10.00	<i>SELF CARE</i>	Shower, get dressed, breakfast, brush teeth
10.00 - 12.15	<i>PRODUCTIVITY</i>	School work (with 5 min breaks every 30 mins)
12.15 - 1.00	<i>EXERCISE</i>	Go for a run, do circuits/work out video
1.00 - 1.30	<i>SELF CARE</i>	Lunch
1.30 - 2.30	<i>CREATIVE</i>	Play guitar, draw, bake
3.30 - 4.30	<i>PRODUCTIVITY</i>	Helping out with jobs around the house, tidying my room
4.30 - 5.30	<i>LEISURE</i>	Chill time - read
5.30 - 6.30	<i>PRODUCTIVITY</i>	Increasing skill - do something I am trying to get better at
6.30 - 7.00	<i>SELF CARE</i>	Dinner
7.00 - 7.30	<i>LEISURE</i>	Go outside - into garden, play with pets, go for a walk
7.30 - 9.30	<i>SOCIAL</i>	Video call a friend, watch a movie with family
9.30 - 10.00	<i>SELF CARE</i>	Bath
10.30 - 11.00	<i>LEISURE</i>	Read, listen to podcast
11.00pm	<i>SELF CARE</i>	Light out, sleep time

Top tips

1. Stick to set get up time and bed time
2. Set a limit on screen time
3. Exercise
4. Get fresh air (balcony, garden, walk on your own if possible)
5. Accomplish something (school work, house work or building skill at something)

THE SIX CUPS

If sticking to a schedule is not going to work for you here is an alternative. On the next page are six blank cups, one for each of the categories. You must pick at least one thing from each category to do each day (you can of course do more than one). It may or may not be helpful to decide on what order you are going to do them in or on the time of day you will do each (e.g. before lunch, afternoon, evening). Below is an example;



