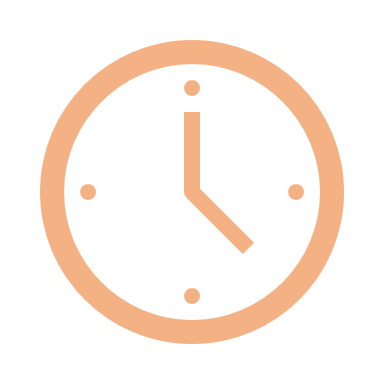
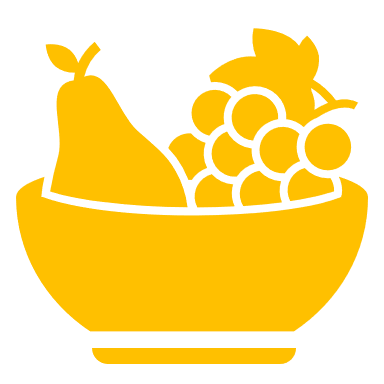
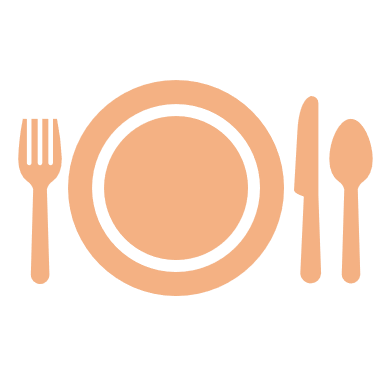
****Isolation tips top 10

1. **Limit your news exposure**

****The news is great, in small doses. Listening to bad news constantly can affect your wellbeing by creating a bigger sense of worry and panic. Limit your viewing to the 6pm news or midday news every other day.

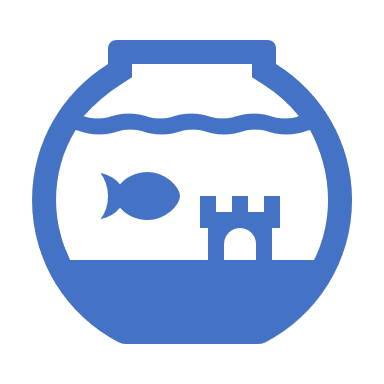
1. **Try keeping to a routine**

****With everything so uncertain currently, try and keep a bit of order in your life with a routine. Getting up, lunch, dinner, and bedtimes around the same time each day.

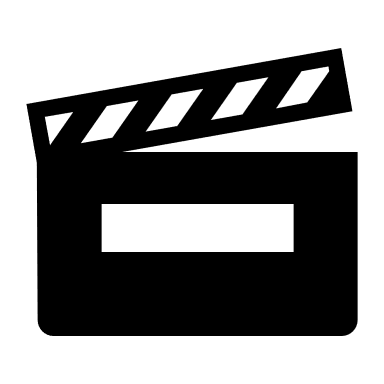
1. **Eat healthily**

****Try and have 1 cooked meal per day. Fruit and Veg. limit your snacks, drink plenty of fluids

1. **Move if you are able**

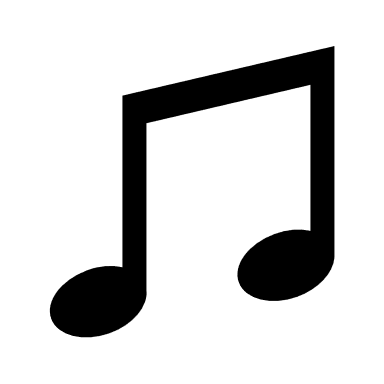
****Chair based exercise, gardening, moving more to keep active if possible.

1. **Take time out**

****Take time for yourself, relax, breathe for at least 30 minutes a day.

1. **Do something you enjoy**

Watch your favourite film, do your hobby, sing, play an instrument

****

1. **Learn a new skill**

Learn a new language, play an instrument, or knit/crochet. Start a jigsaw or try your hand at drawing/doodling or write poetry.

Keeping your brain ticking over and active helps relieve stress and anxiety.

1. **Get the niggly jobs around the home done**

****If you’re able to, if you’ve been putting off doing those jobs around the house that you don’t really want to do. Tackle them one by one per day.

1. **Talk to someone**

****Write letters to pen pals, call someone on the phone, WhatsApp, Text messages, Facetime, Social media, Phone services (see useful contacts).

**10. Ask for help**

It’s ok to ask for help. See the list of useful numbers.