

Ideas for staying active while in social isolation

Stuck at home? Nowhere to go? Can't see your friends? It's time to get both creative & productive!!! Consider the following activities & ideas that can help to keep you active & connected during the COVID-19 pandemic.



Housework: I know that most of us don't like to do housework. But at times like this when you have nothing else to do, why not stay active by tackling jobs around the house you would normally never have the time to do (or procrastinate doing repeatedly)

- *Clean out your wardrobe:* Go through your clothes. Select those that you no longer wear or don't fit. Consider donating these to charity. This is definitely at time when people are in need.
- *Clean out your kitchen cupboards & drawers:* Go through your cupboards & drawers. Do you really need 4 vegetable peelers? How many sets of measuring cups & spoons do you really use? I didn't realise I had tin tomatoes way at the back of my pantry! Look I found a packet of pasta!
- *Rearrange book shelves:* There are a lot of books. Arrange them in some kind of accessible order
- *Paperwork:* Here's a novel idea....do it! File those floating sheets of paper that are lying around the place.
- *Clean out the garage:* This one can keep you occupied for days!!! Where do I start? Need we say more???
- *Go through your linen cupboard:* Do you even know how many fitted sheets, flat sheets, pillow cases, quilt covers, quilts, blankets, throws, cushion covers, tea towels you have? How many do you actually want/need? How many do you actually use?
- *Cleaning the gutters:* Get out the ladder, get up to the roof & clear out those leaves that threaten to clog up your gutters
- *Clean outdoor furniture:* Dust off the furniture outside. Wipe it down. Wash those cushion or seat cover.

Gardening: Now is the perfect time to get cracking in the garden.

- Weed
- Fertilise
- Mow the lawn
- Rake up leaves
- Plant flowers or a tree
- Establish a herb garden



<https://www.countryliving.com/uk/homes-interiors/gardens/a31805148/things-to-do-garden-self-isolation/>

<https://www.abc.net.au/news/2020-03-22/covid-19-finding-peace-and-produce-in-your-garden/12066204>

Exercise: Can't get to the gym? Can't get out with your regular cycling group? Try these ideas to stay fit & healthy while in self-isolation



- Do jumping jacks; star jumps; sit-ups; push ups; bench dips using a chair; squats; lunges; box jumps; run on the spot; skip with a jump rope
- Go for a walk/run (keep your distance from others)
- Walk the dog (keep your distance from others)
- Dance (like nobody is watching!!!). What could be more fun & a better way of getting some exercise than cranking up your favourite music & dancing till you drop?

Get online & follow the 1000's of free work out programmes, especially the ones that don't require any special equipment. <https://www.instructables.com/id/How-To-Exercise-At-Home-Without-Equipment/>; <https://www.healthline.com/health/fitness-exercise/at-home-workouts#beginner-routine>; <https://www.youtube.com/watch?v=95846CBGUOM>; <https://www.youtube.com/watch?v=wKIK17aS2T4>

Get educated: Now is a great time to learn. There are so many ways in which you can learn new information & skills while at home:



Get on-line: There is so many great ways to learn on-line. You-tube has thousands of free tutorials on so many different topics. Ted talks are also a great way to stay occupied & learn information that may be relevant to you. Get involved in online chat groups about topics that are of interest to you. <https://www.classcentral.com/university/uwa>; <https://www.edx.org/school/curtinx>;

Read a book: Let's face it, we all probably have books at home we could be reading. Try it!

Learn a language: Need we say more. Challenge yourself to learn a language. There are so many apps & online resources to help you get started. Say hello....."Bonjour; Ciao; Hola; Hallo; Kon'nichiwa; Halo; Neih hou....."<https://www.listenandlearnaustralia.com.au/lessons-in-perth>

Self-nurturing activities: There are so many ways in which you can exercise self-care at home, not just to occupy yourself but to generate positive feelings. You can indulge in many things you may feel you don't usually have the time to do. Consider the following:

- Give yourself a manicure or pedicure or facial
- Take a long, relaxing bath while listening to music or reading a good book
- Watch a good movie, documentary or TV series
- Watch a music concert
- Do a jigsaw puzzle or cross word
- Take a nap
- Cook or bake yourself something special
- Gaming...it's not just for your kids
- Play a board game with your family
- Take a walk on your own
- Listen to a pod cast



Spend time with your family or fellow co-habitants: If you are at home with your partner &/or your kids you can always try doing things together:



- Watch a movie together
- Watch TV together
- Cook together
- Eat together
- Play a board game together
- Game together online
- Take a walk together
- Exercise together
- Help the kids with their school work
- Talk with each other

Stay connected with others: We may be in isolation but doesn't mean we can't stay in contact with our extended family & friends. We have the technology. We have the social media platforms & other apps & computer programs to stay connected to the world. Don't just use them....get creative in the way you do!!!

- **Netflix Party:** Ok, so you may not be able to be in the same room physically, but you can still watch your favourite Netflix shows with your friends online. It synchronises your screens & creates a group chat. <https://www.netflixparty.com/>
- **Create a WhatsApp group with family & friends:** If you don't have Facebook or Instagram, you can always stay connected with key family members & friends by creating a WhatsApp group chat. Don't just send messages, try photos, video messages, links to useful information online
- **Social Media:** Facebook, Instagram, Twitter...they are all part of the way we interact & stay connected when we are not in self-isolation. Their value as a means of communicating is especially felt during these difficult times
- **Online chat groups:** There are so many to choose from. Pick one & get chatting
- **Smart phones & webcams:** If you have a smart phone or a webcam then the possibilities are endless:
 - Face time each other & enjoy a glass of wine or a beer together while having a chat
 - Dinner parties are not possible right now. Get together with your friends, develop a menu, each of you cook the same food & eat together on a video group call.
 - Face time more often one on one
 - Join an online exercise group & work out together
 - Have a virtual dance party. Seriously I think it could work!
 - Gaming: Online gaming has always been an important way for people to stay connected. It gets a lot of bad press, but let's face it, in this climate of social distancing it can be a great way for all of use to stay connected. As always, moderation is the key!

