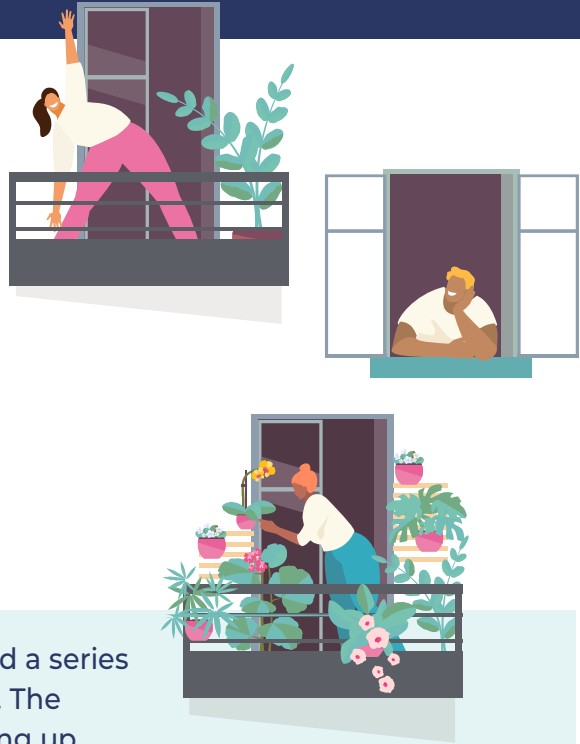


14 Day Quarantine Wellbeing Guide



COVID-19 has created global uncertainty and a series of rapid changes which require adjustment. The thought of quarantining for 14 days may bring up some challenging or overwhelming feelings. This pandemic has also shown that people are resilient, highly adaptable and creative.

Perhaps your experience of quarantine might provide you with an opportunity to try something different or learn a new skill that you have not had time to explore previously.

We would like to offer you a selection of evidence-based wellbeing suggestions to assist you on your journey over the next 14 days.

With our warmest regards – *The Wellbeing Team.*



1. Journalling

Journalling can provide you with a historical record of this unique experience. Evidence also suggests that journalling can improve mental wellbeing by helping to process any difficult or uncomfortable feelings you might be having.

www.headspace.org.au/blog/how-to-start-a-journal/

2. Maintain a Routine

Sticking to a routine provides a sense of stability when life is uncertain. When possible go to sleep and wake at the same time each day, eat nutritious food, and exercise at set times each day to provide some structure to your day.



3. Give meditation or mindfulness a go!

When we experience stressful situations our thoughts tend to speed up. Just 10 minutes of practising mindfulness can help to produce a sense of calm.



Choose an everyday activity that you can practise in a mindful way. Try to put aside distractions and fully focus on the activity. For example, while you're having a cup of tea, pay attention to your senses (the smell of the tea, the warmth of the cup in your hand, the taste of the tea, the feelings in your body as you swallow the tea).
www.smilingmind.com.au/ have a free mindfulness app that you could try.



4. Healthy body, healthy mind, try an online exercise class

Just 30 minutes of exercise each day can help lift your mood, increase your energy levels and improve sleep. Free online exercise classes you can do in your quarantine location can be found at www.exerciseright.com.au

5. Explore the wonderful world of Podcasts

Listening to something that we connect with broadens our perspective. Storytelling creates images in our minds and heightens learning. Podcasts can inspire, educate, and entertain us and are a wonderful way to pass time without having to look at a screen. There are thousands of titles and millions of episodes to choose from. ABC have a wide range of podcasts to suit the whole family <https://www.abc.net.au/radio/podcasts/>



6. Get creative or learn something new

Your wellbeing is positively influenced through creative activities or by learning something new. Invest your time in something you have always been curious about trying. YouTube has free online tutorials for just about everything. If learning a new language interests you Duolingo is an easy to use free language program that you can use on your phone or computer <https://www.duolingo.com/>

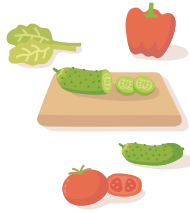


Download a free mindful colouring app or challenge yourself by doing a daily Sudoku.

7. Social connection

Set up a video call or talk on the phone to someone you haven't had time to talk to connect with in a while. Real conversations provide a greater positive effect on your wellbeing than sending text messages. Social connections are an essential part of mental wellbeing no matter what your age. Seeing and hearing the people you are close and connected to provides a sense of comfort and support. Try reaching out to an old friend and make time to check in with people that lift your spirits and make you feel good.





8. Food choices matter

Eating a healthy diet in quarantine will help with both mental and physical health. Choose some healthy options and make some menu plans for when your time in quarantine is over. The Heart Foundation has a Heart Healthy Dinner Plan full of recipes www.heartfoundation.org.au

9. Make a music playlist and dance

Dancing is not only good for your physical health it has mental and emotional health benefits as well. Listening and dancing to music can boost your mood, reduce stress and has been shown to decrease the symptoms of anxiety and depression. You might like to create your own playlist using an app such as Spotify.



10. Declutter your technology and organise your environment



Having an environment that feels good can help to lift your spirits and give you a sense of control and accomplishment. Research has shown that the act of making your bed every morning sets the tone for your day and inspires you to continue achieving goals throughout the rest of the day. Common simple habits have an accumulative effect that lead to a greater sense of happiness.

Set 10 minutes to declutter and organise your emails and the photos on your phone.

11. Limit news and social media updates and watch or read something uplifting

Watching, reading, or listening to negative news can cause stress. Choose to find sources which are constructive and help you stay informed and optimistic.



12. Wonder at the natural world

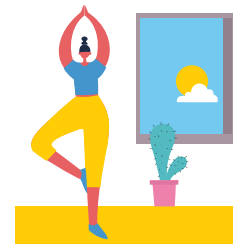
Spending time in nature has real benefits to your wellbeing. We realise that isn't an option for you right now but think creatively about how you can experience the environment from your quarantine/isolation location. Listen to the birds, notice the trees growing nearby, watch the cloud patterns, mountains and weather systems.



Did you know that Canberra has the richest bird life of any Australian capital city. The Canberra Ornithologists Group has information to learn about and identify the birds you will most likely see www.canberrabirds.org.au. The ABC iview app has a beautiful documentary series that explores Australia's most iconic and fascinating animals <https://iview.abc.net.au/show/australia-remastered-wild-australians>

13. Let the sunshine in

Spend some time during the day with your curtains and windows open. Sun exposure promotes vitamin D levels which helps to regulate your sleep wake cycle. Vitamin D also plays a major role in mood, hormone and bone health.



14. Practise self-care and self-compassion

Self-care isn't just important it is crucial to your mental and physical health. Be kind, compassionate and talk to yourself as you would a good friend.



Set realistic expectations of yourself; these are unusual circumstances. Prioritise finding ways to relax and manage stress and remind yourself that you are doing your best under difficult circumstances. Reflect on how you have coped with difficult situations in the past. Identifying personal strategies can help you cope with your current situation.

