



## Top tips for staying at home



Try to get up and go to bed at your usual time



Try to break up the day with breakfast, lunch and dinner as you normally would



Ask someone to help you make a **visual timetable**



Make a **to-do list** and plan what you will do in the day



Try to keep busy – make sure to keep moving throughout the day

You could try



- shaking out the sheets

- hanging up laundry



- whisking and mixing when baking

- kneading bread



- scrubbing and wiping dishes and tables

- cleaning the bath



- mopping and hoovering



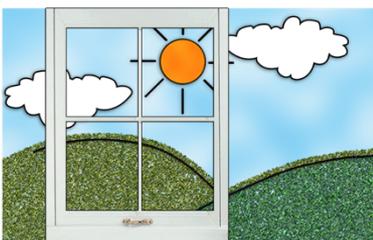
- trying an online exercise class



Avoid having too much screentime – maybe you should ration yourself!



Try to get some fresh air into the house



**Open** blinds and curtains and let the light in



If you have a **garden** or balcony you can use this to spend some time outdoors



You can go for a walk - make sure to keep a safe distance from other people



Have a look at what you can hear and see outside – **birds**, for example



You might have some seeds you could put out for the birds, or water for a birdbath



Try **mindfulness** – this means focusing on

- the here and now
- what's happening in the moment
- what you can see, hear, smell, taste and touch



It may feel strange staying at home – talk to someone about how you feel



It can help to think about the things that you **can** do and not worry so much about the things you can't



Try to keep to your usual bedtime routine



Try not to use your bed apart from at bedtime



Stay in touch with friends and family via phone, email, skype and social media



**Remember to wash your hands!**



**Remember not to touch your face!**



**Remember to keep your distance!**