

## THINGS TO DO DURING SELF-ISOLATION

We know that it can sometimes get boring being in your home all day. Below are some ideas to stay mentally well. Remember we are all in this together!

### Phone friends and family



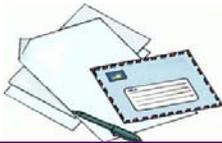
Many of your friends and family are feeling exactly the same way as you right now. They may just be wishing that their phone would ring. Don't be afraid to pick up the phone and connect with them. This might be a good time to rekindle a friendship that has been neglected. **Make it a goal to connect with at least one person per day.**

### Stretch and Exercise and issue a challenge to a friend!



Many of you were attending walking groups and community exercise programs and are probably missing the social and fitness component. The SMART exercise programs are on Wightman TV Tuesday, Thursday and Saturday at 7am (low) 8am (med) and 9am (high) on Wightman Channel 6. Challenge one of your fitness group members to participate at the same time as you. Track on your calendar how many classes you attend; whoever wins has to buy the other lunch once things return to normal! **Self-Care is important during this time and key to feeling well.**

### Write Letters



Why not write notes to friends both near and far. Who doesn't like getting a letter or card in the mail. It is a welcome change to those pesky bills. Consider sending a note to someone who has done something that you appreciated.

### Write stories/poetry/ diary entries



Creative writing is a great way to activate your imagination and can also help to release anxieties and worries. It doesn't have to be long and it doesn't have to be for anyone else to read.

#### **Here are a few ideas to get you started:**

- Write a children's story which we can send to the little ones in your life for them to illustrate (ideas might be moral, like friendship and kindness, or more straight forward like Spring and talking animals).
- write about some of your most memorable experiences and consider sharing the story with your children or grandchildren (travel, hobbies, interesting people or foods, childhood etc.)

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### Draw/Colour



Use the blank paper or the adult colouring pages to sketch or colour. You don't need to be a professional artist! Many people find drawing or colouring to be a stress reducing activity. Try sketching that bowl of fruit before you eat it all.

### Play Puzzles and Word Games



Games such as Sudoku, word searches and crosswords are available but you can also play word games with only a blank piece of paper. Why not select 6 random consonants and 3 vowels and try to make as many words as possible out of those letters (you can only use each letter once in the same word).

### Library Activities No need to be bored!!!



Did you know that you can access 10 movies a month from your local library site via the internet? Other free services include ancestry, creative bug with lots of craft ideas. You can use library apps that allow you to research and read ebooks. <https://www.wellington.ca/en/discover/lib-onlineresources.aspx> Type or copy and paste this link in your google search bar and set up your account. if you need help then call the SCE at 519.638.1000

### Listen to Music or Watch TV



Music is an excellent way to reduce stress, to bring you back to times and places from your past. If you have access to the internet YouTube has music from each decade that will no doubt bring back memories.

- Limit your exposure to COVID 19 updates to once or twice a day to reduce stress, if possible choose a day not to listen to the news at all.

### Play Cards



Card games like Solitaire and Patience are designed for single players.

If you have any other ideas that we could share with others please let me know by contacting me at either [hedwards@mapleton.ca](mailto:hedwards@mapleton.ca) or call me at 519.638.1000