

Please if you want to share these with anyone do, we are all in this together ☺

Eating

We need to eat a balanced diet, if money or getting out is a challenge then finding support in the wider community to help secure food will be a priority. So part of a routine is securing food, cooking and eating it. Also making sure if we can afford extra food we don't overeat as we are bored.

Housework and interior design

We all have those wee job about the house we put off. Clearing out drawers and cupboards, fixing that shoogly towel rail in the bathroom. Getting into a new housework routine can add structure to the day. If you have paint, maybe even do a spot of redecorating. Making sure you don't hurt your back, maybe look at a bit of interior redesign, moving the furniture, generally having a rethink of your living space and if you share the house with others, during lockdown explore ideas of how even when space is tight it can be shared; so everyone has some space to call their own. If you have a garden, bonus and a garden in itself can offer so many opportunities so long as we follow social distancing.

Rest and relaxation

Now is time to get into some good sleep and relaxation habits. Have a wee read of some tips to a better night's sleep - https://www.pineview.org.uk/data/Tips_for_a_better_nights_sleep_2020_04_17_12_09_46.pdf

We spoke about interior redesign, think about your and if you have children their rooms too, does it promote calm, could wee changes be made so it's a place of relaxation which promotes sleep too?

Companionship

We are social beings and for most people feeling and giving affection is important. During lockdown it may be hard as you miss seeing friends, family, grandchildren. Building time for companionship into our routine is important. If we don't have a lot of friends or family then it's looking at linking with colleagues, or online chat opportunities e.g. online men's groups, menopause café and more are springing up in response to lockdown. Part of a routine maybe looking for new places to connect with others e.g. online arts class, yoga, choirs and singalongs. They are all out there and having a look, offers something to do

Family

There is something around family which can be more than companionship. Maybe someone is having a baby, or recently had a baby and you feel you are not only not able to offer the support you may have done, but also are missing out on wee ones growing up. Or, there has been a death in the family and with the lockdown and changes to funerals with social distancing, feeling more alone in your grief. Or, simply you see a lot of your family, they are like friends and you miss them. Building time into your routine for family gives you something to do. Thinking of ideas you can do together again can offer structure to the day. Zoom calls don't need to be just for work. Finding new ways for families to connect online can help offer structure to the day and meet that need to connect with family even when physically this isn't possible, we can still find ways to share, and be together.

Knowledge and learning

There is a heap on TV at the moment about COVID19 however, you need to decide how much is helpful for you to watch, in addition to the key information on how to keep yourself, your family and your community safe, decide what else you need to know. Lockdown is also a chance to learn something new. This maybe a new recipe, hobby, skills for work/even for changing jobs if you are worried about future employment. Worry drains energy and isn't helpful to have as a daily routine. Explore options to find solutions to the problems you may identify and remember, there are people who can help. You don't need to do this alone

Fun and leisure

Build some fun and leisure into your daily routine, even thinking about, or trying out new ideas can help fill the day in a meaningful way. If you have children explore ideas of things to do with them which are fun. We may be stuck indoors more than we would look, however, our imaginations have no limits so get in touch with your inner child and have fun. E.g. indoor teddy bears picnic, hide and seek, board games. If you master zoom with the family maybe even have other family members joining the games on a zoom call. Explore how we can use technology to help us get through this strange time.

Be creative

This can be from baking a cake, starting a journal capturing your experiences of COVID19, joining an online art class, making a hope jar, doing some creative art work with the kids, practice upcycling. Writing poems, even writing a letter to a friend or family member. Sometimes receiving a letter means more than an email; just make sure if being shielded someone else posts the letter. It could even be you do e letters, explore the options on your computer etc. See if you can find something looks more like a letter, maybe put some images in, generally have fun being creative

You matter

Make time every day for what matters to you. We are all unique individuals with our own needs and in lockdown these can be harder to meet. Try and look for even 15minutes in the day to call your own, to do what matters to you. In time you may find this becomes 30min, 45min an hour. Being kind to ourselves and reminding us of who we are as individuals matters and is allowed!

Sense of freedom

It's hard during lockdown and social distancing as we don't have the freedom, or choices of things to do we did before e.g. we can't at the moment go ten pin bowling and have a burger. However, with a bit of imagination we can look at what could be in our control e.g. use the empty toilet rolls!! as skittles and rolled up paper as the ball and include burgers on the shopping list, or if money is tight hot dogs!

We are staying at home to help save lives. This situation will not go on forever. The more we fill our day with things which meet our daily needs the less impact this may have. We know for many people there may be specific challenges to some of these tips, there are people who are willing to help. The "what's on" wee newsletters shares just some of them. Visit COPE Scotland's website for copies of current and past issues

Oh and if you are working/volunteering, well that's something else to add to your routine!!! Hahaha we may wonder now, how we fit it all in! This is why planning a routine using a diary can be a good idea initially until it becomes habit.

Human beings are pretty amazing, you and your loved ones are pretty amazing, we can find ways through this when we help each other, and remember, people care

Hilda 😊