

## **Toolkit: Dealing with self-isolation and social distancing measures (Coronavirus)**

As we are facing a completely new, and unparalleled, global slowdown because of the Coronavirus, you might be called on to self-isolate, or end up in a locked down area. First of all, you are not alone – many of us are already in this situation or will be soon. And second, most importantly, don't panic.

### **1. Maintain self-care principles**

Eat well, rest, get exercise. Know you are not alone, and not forgotten. Even if you don't have to go out or have face-to-face meeting, brush your teeth, comb your hair, and have a shower. ALWAYS follow advise from health care professionals closely.

### **2. Set up a structure**

Your day-to-day structure will likely be disrupted. Set your times to get out of bed and to eat. Pretend you're having a normal working day and follow a routine. Set aside enough playtime for children, and remember your pets.

### **3. Keep moving**

If you can still go to the gym, great, keep going! Otherwise, and if you are not confined to your home, take a walk in your garden, a park, a forest. If you cannot, keep active in your living room – do squats or other small exercises. Try to be active for half an hour at least.

### **4. Get things done & do what helps you relax**

Set targets to clean your house. Put on your favorite music, dance. Read a book. Do an e-learning course. Have a spa-moment in your own bathroom. Get around to doing all those things you never had the time for before. Play boardgames, or invent your own – involve the kids!

### **5. Give each other space**

If you are living with other family members in a confined space, give each other space. Create dedicated play, work, and chill-out zones if you can. Have a space where you can be alone for a little while. Cabin fever is a real issue, and it will be easier if you remain calm.

### **6. Stay in touch**

In our connected world, you will never cut off entirely from the world. Skype with your family, call your friends, have virtual meetings over any platform you have access to. Express how you feel. Anxiety can get worse in times of uncertainty, so reach out when you need to.

### **7. Limit screen time**

Tempting as it is to go sit on the couch and binge-watch Netflix – it's not a great idea. Do not only watch the news/social media either to avoid raising anxiety. Find a balance that works for you and for your children.

TIP: The elderly and persons with reduced mobility might suffer particularly in these times, and might appreciate some practical help. If you are in a position to offer SAFE held (please do not take health risks), you could post short notes in local mailboxes using the attached template, or check local Facebook/WhatsApp groups doing the same.

Dear neighbor,

My name is \_\_\_\_\_

I live at \_\_\_\_\_

My phone number is \_\_\_\_\_

**If you need groceries or medical supplies and you are not able to go yourself, contact me by**

Text message       WhatsApp       Phone

Are you not feeling well? Ask me to leave your supplies by the door.