

Undoubtedly these are tough times for everyone. There's an influx of news and information on this global pandemic almost by the hour. And it's hard to just shut that all off and turn away from it completely. Because you can't really, can you? It's scary. Nobody seems to really know what to do and every day we hear the horror stories of people fighting over a pack of toilet roll amongst the latest numbers of deaths or confirmed cases.

Luckily, most of us are doing the right thing. Staying indoors as much as we possibly can, practising social distancing and self-isolating if required. I cannot stress this enough just how important these measures are and how much of a service you are doing to every single person in this world. As an individual we all now have the responsibility to do our best to help flatten the curve.

Flatten the curve, what does that mean? It means that by each and everyone of us taking protective measures such as social distancing we can slow down and decrease the rate of infection. This means that our health services will be able to treat patients quicker and more effectively since they won't be exhausted beyond their capacity. This also means less people dying in the long run.

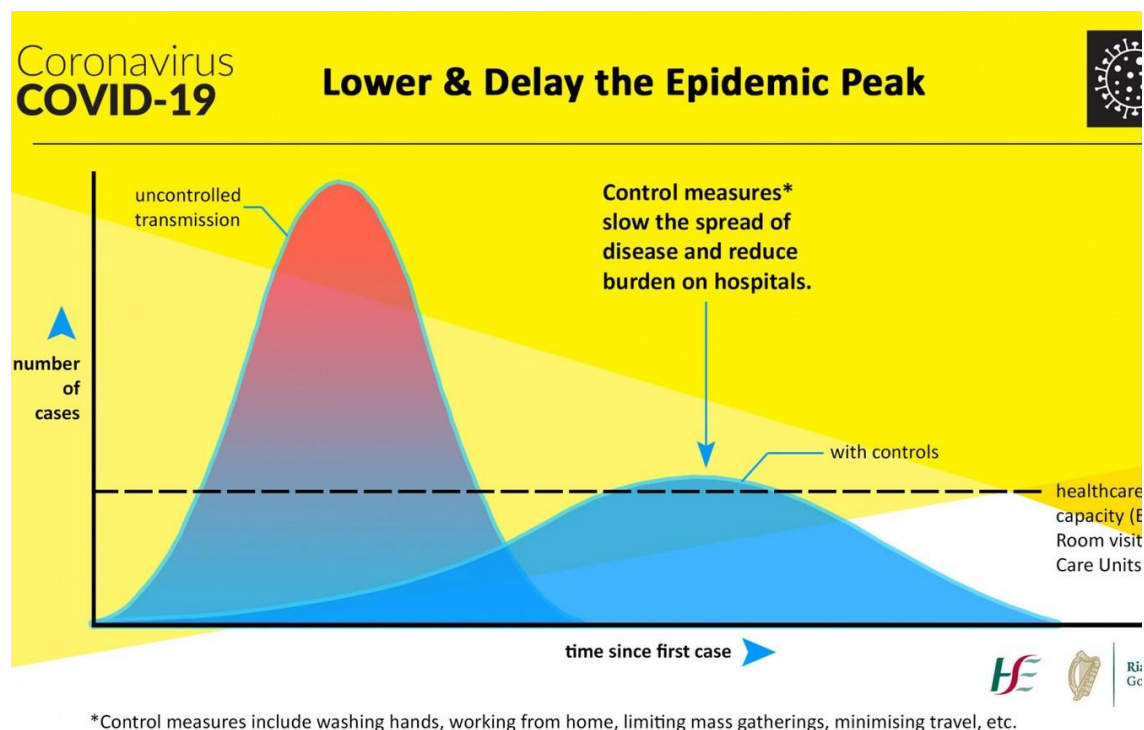


Image: <http://hse.ie>

So, you're one of the good people. Staying at home. Maybe you've lost your job, in which case I'm so sorry. I know in times like this having to worry about finances on top of everything is incredibly terrifying. By now it might be your sixth, seventh or even 12th day at home and you start to wonder what more can I possibly do to entertain myself?! The cabin fever is real. You might feel like it's groundhog day every day, things might become mundane really quickly. Don't worry, I got you covered. Here's 5 fun activities you can do whilst totally keeping your social distancing game up!

Declutter, Renovate, Redecorate

Trust me, now is the time for good old clear out. Go through your wardrobe, your drawers, those boxes in the attic you've forgotten about. If you find any clothes that don't fit you anymore or that you simply don't like anymore, why not put them up on eBay or Depop for some extra cash? Throw out

some of that unnecessary clutter that's been collecting dust for years, donate some items if you can. Change the colour of your bedroom walls, put up a new painting or shelf. The possibilities are endless. The internet is full of great and cheap DIY ideas and often supplies can easily be ordered online to avoid having to go into the shops! And while you're at it, take some time to declutter your social media accounts too!

Take an online class/course

Websites like The Open University offer a great variety of free classes and courses where you can easily learn online. Often you'll get a cool certificate too! You can also search online for subjects that interest you and you'll probably find tons of free resources you can access to learn more about it. And you never know, maybe your newly acquired knowledge might come in handy in the future!

Learn to cook/bake

So, maybe you've recently stood before empty shelves or freezers in the supermarket and wondered what to do next? In times where people seem to be blindly buying out every single food item they can find, it's always good to have a few tricks up your sleeve. Often you can make a delicious, filling meal out just a few things you might already have in your home. There's no need to go hungry. You can check out thousands of YouTube videos and recipes online. I guarantee you there will be something for everyone's taste! And trust me, it's great to know how to make a few basic things.

Write something

A journal, a novel, fanfiction, a poem ... you name it! When you're stuck inside for so long it can be hard to make sense of the massive jumble of thoughts we might have going on in our heads. Often I find that writing it all down can help me let out emotions and frustrations and focus on the more important thoughts. And don't worry if your first few attempts at writing anything aren't perfect or what you've imagined them to be like. That's okay! You can always edit, scrap, start over. You don't even have to strive for perfection, sometimes just putting your thoughts into words is enough to help calm our minds. Thoughts can be weird and messy and writing can be too!

Learn that thing you always wanted to learn

Yoga, guitar, Spanish, pottery, knitting, reiki. Whatever it is that has always tickled your fancy, now's the time to really get stuck into it. The internet is full of free resources and instructions. There's a million possible things you can do. Have a look and try something out. And if you don't like it, that's fine too. There's plenty of new things to discover!

Last but not least, take some time to rest. We're all anxious and stressed these days. Turn your phone off for a while, have an evening to yourself, sleep as much as you need to. Your body and mind will thank you.