

Storm Ciara has been hitting most of the UK and Ireland within the past week. And with Storm Dennis to hit us within the next few days, we are set to be hit with another bout of rain and gusts of wind. From flying trampolines and roof tiles to falling trees, it is safe to say that going outside is something most of us would rather avoid during these times. But what to do, when the skies are almost black and you're involuntarily housebound for a few days?

## The answer is Self Care!

Yes, you heard it right. If you're unable to travel to work, or just staying inside because you don't want to risk getting showered, I suggest you spend some of your time inside dedicated to treating yourself. Self Care comes in many forms. For some it may be having a nice bubble bath, putting on some music and having a dance. Or treating yourself to a nice meal. I've put together a list of 5 simple indoor activities that you can do in the comfort of your own home that are bound to make you feel a little bit better about the weather, and yourself!

### 1. Have a clear out!

For me, whenever I get caught up with work, I tend to neglect things such as keeping on top of my household tasks. This often results in my house resembling more of a dumpster than a home and it usually leads to my mental health taking a dip as well. I often use rainy days when I can't go outside to have a nice deep clean of a room, or even just a cupboard or drawer. I sort through everything and get rid of all the stuff I no longer need or want. A good clear out in my house also helps me clear my mind as I like to have my things organised and neat. And it feels damn good to be in a nice, tidy house! If you don't have a lot of energy I suggest focusing on just one task to begin with and then see how you feel. Often I then tend to feel super motivated and clean some more things as soon as I get going.

### 2. Have a Movie Marathon!

Harry Potter, Lord of the Rings, Star Wars, whatever tickles your fancy. Getting cosy with a ton of blankets and my favourite snacks and just spending the night binge watching my favourite movies or TV series is always bound to make me feel better. It's great to sometimes just get lost in a completely different world!

### 3. Spend some time reading/journalling

Often enough when the weather outside is particularly bad I also notice a decline in my mental health. Reading and journalling have been a great way for me to escape reality for a while and also to get in touch with my own emotions and thoughts. Especially journalling has helped me put to paper what I would struggle putting into words. Sometimes I'm not even writing anything down, I just doodle or scribble. And it takes my focus off all the negative and helps me concentrate on something else, even if only for a little while. Whenever I find a good book I could spend hours just reading it, getting sucked into a whole different world, away from reality. It's a great way to pass time on those dreadfully long rainy days!

### 4. Rediscover something you used to like

I recently got back into painting and writing fiction, things I haven't done for years, mostly due to being severely depressed and losing a lot of my motivation and interest. But let me tell you, it felt so good to reconnect with the things that used to bring me so much joy a few years ago! I definitely would recommend finding something you used to like – anything – (even something from your childhood or teenage years) and just giving it another try. It doesn't even have to be perfect, but you might just be able to get some joy out of it again!

## 5. Enjoy some comfort food!

If you're like me, you might just find some relaxation in cooking yourself a delicious, comforting meal! Personally, I love a nice warming soup on a cold winter day. My go to comfort foods are curried vegetable soup and a big batch of homemade chocolate chip cookies! And even if you can't cook or aren't able to, treating yourself to your favourite takeaway or snack and just having a lazy day can do wonders for your mental health! And there is absolutely no shame in just having a day of rest, you deserve that!

What are your favourite indoor activities to do on a rainy day? Does the weather have effects on your mental health? Let me know your thoughts in the comments! I look forward to hearing from you!