5-Steps to Managing Yourself At This Time

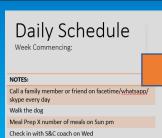
People will be staying at home for the first time this week due to the Coronavirus. For some, prolonged periods of time at home is more normal than others. If you have been advised to remain at home, here are some guidelines to managing yourself well at what may be an uncertain time.

1. Routine

Develop one. It might look different to your regular routine, but it is important to get up and get dressed. By getting up and getting dressed you are getting your mind ready to start your day.

3. Go Outside

(if safe to do so) Get some air, walk the dog, stand in the back garden.



4. Take a Break

Take regular breaks throughout the day. Many of you will have heard about the Pomodoro Technique where you break your day into 25 minute chunks of time/5min break (see infographic). Stand up, stretch, move around, hydrate, engage with other people, practice some mindfulness



5. Engage

Connect with other people. Identify your support network. Write down who they are. Use the technology available to you.

2. Plan Your Day

A daily schedule could help – from when you wake up until you go to bed. You could include things like: Meal times, training/conditioning times, school, college, uni work, 'work from home' work, and importantly, set yourself some downtime.



