

# wee changes can make a **big difference**

## tips to establish a healthy routine during social distancing

### Eating

We need to eat a balanced diet to support good health. If money, or, getting out is a challenge then finding support in the wider community to help secure food, will be a priority. 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.



### Rest and relaxation

Now is time to get into some good sleep and relaxation habits. We spoke about interior redesign, think about your and if you have children bedrooms. Does it promote calm? could wee changes be made so it's a place of relaxation which promotes sleep too?

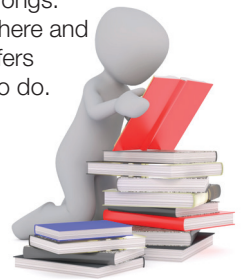


### Family

We can miss seeing family. Maybe someone is having a baby, or, recently had a baby and you feel you are not able to offer support. You may feel you are missing out on the wee one 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 just to be for work!

### Knowledge and learning

Lockdown is a chance to learn something new, it 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, instead 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.



### Housework and interior design

We all have those wee job about the house we put off, from clearing out drawers and cupboards, to 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. Have 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.

### Companionship

We are social beings and for most people feeling and giving affection is important. During lockdown this may feel harder, 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. 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 else to do.

