

## 10 things to do at home to keep calm and well during this period of self-isolation

1. Gentle exercises – see our Home Exercise document for some suggestions – here is the link [Home Exercise Suggestions](#).
2. Sort out and order photographs. Make an online or real album of holidays or memories.
3. Keep a short journal, noting at least one good thing that has happened each day.
4. Write a letter to an old friend.
5. Write a poem about how you are feeling. If you would like to share it, we can publish some on our website.
6. Listen to a new podcast on the radio that you have never heard before – what do you recommend?
7. Start a list of birds you can see out of your window – identify them using a book or online guide such as that on the RSPB website [www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/](http://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/)  
Tell us what you see – we will make a compilation of 'Birds of Carers in Hertfordshire'.
8. Have a good clear out and sort out clothes and bric-a-brac to take to a charity shop, when safe to do so.
9. Tune in to a guided meditation for a short period of mindfulness: <https://www.headspace.com/covid-19> or <https://www.youtube.com/watch?v=wfDTp2GogaQ&app=desktop>
10. Plant up some seeds or bedding plants in pots or window boxes and watch some colour emerge.



And if you are still at a loss for things to do, have a look at this:  
<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

Email [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk) to share your birds, poems, and podcasts, or your suggestions as to how to pass your time whilst self-distancing or self-isolating.