

Another 10 things to do at home to keep calm and well during this period of social distancing

1. **Start to write your memoirs** – think back over the most memorable events in your life and write about them. Include the little details that made them special (or embarrassing!) for you. This will be something to share with family and friends.

2. **Create a collage** – when was the last time you made a collage? Find old magazines, choose some pictures to cut out and stick as many as will fit onto a sheet of paper. Ideally, they should be of a theme - nature, the colour blue, dogs or happiness. Anyone in your household can join in too.



3. **Baking** – time to hone those cake creating or pastry making skills. Although some basic ingredients could be difficult to get hold of at the moment, you may spark a hobby that lasts a lot longer than lockdown.



Make sure you do your daily exercise to counteract the calories!

4. **Listen to an audio book** – as a change from watching something, download a book to listen to. There are lots of places where you can find downloadable audio books, including:

- **Hertfordshire Libraries** (you will need your library card and pin number):
https://fe.bolindadigital.com/wldcs_bol_fo/b2i/productOverview.html?b2bSite=5970&browseItemId=405709&fromPage=1
- **BBC Sounds**: <https://www.bbc.co.uk/sounds/category/audiobooks>
- 1000s of audio books for free download at **Open Culture**:
<http://www.openculture.com/freeaudiobooks>
- **Amazon** is offering some free children's audio books here:
<https://stories.audible.com/start-listen>.

5. **Dance** – no-one will see! Put on your favourite type of music - swing, pop, disco, heavy metal, grunge (what is that?), waltzes, Scottish dancing - and let yourself go. If you live with the person you care for, encourage them to dance with you as well, as it counts as exercise and wellbeing combined.





6. **Jigsaws** – do you have any hidden away in a cupboard that you can find and dust off? Some puzzles are being resold on eBay for £30! Soothing and irritating in equal measure, they help with concentration and problem solving. They also pass a lot of time.

7. **Start a gratitude diary** – there may be a number of things that you are worried about and irritated by whilst unable to live life as usual, but creating a diary where you each record at least two or three things that you are grateful for helps to combat that stress. They may be little things, but there are always some happenings that make us smile or appreciate each day. Write them down as they are great to look back on once all of this has passed.

8. **Painting** – this could be watercolours or landscapes or the garden fence! Try out different styles – go modernist or Picasso-esque, which is a great excuse for a drawing that does not look anything like it is meant to. Being creative helps you see things differently and has been shown to help with uncertainty. In these times, that could be very useful.

9. **Declutter your paperwork** – use some time to go through old filing and shred or tear up paperwork that you no longer need to keep. Bank statements from 20 years ago are not going to be referred to ever – but make sure you dispose of them sensibly.



10. **Have an afternoon nap!**