

4 simple practices to look after yourself in quarantine

Having to self-isolate for a prolonged period of time is new territory for almost everyone. This can be quite scary, but with good practices in place, you can make sure that you're looking after yourself in a way which is optimal for your health and wellbeing during this time. Here are 4 simple practices that you can do to make sure that you're in check.

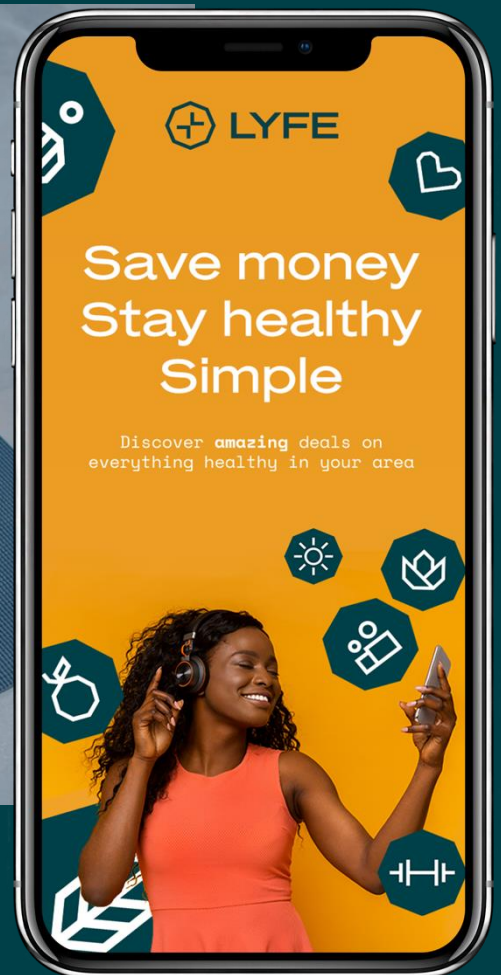
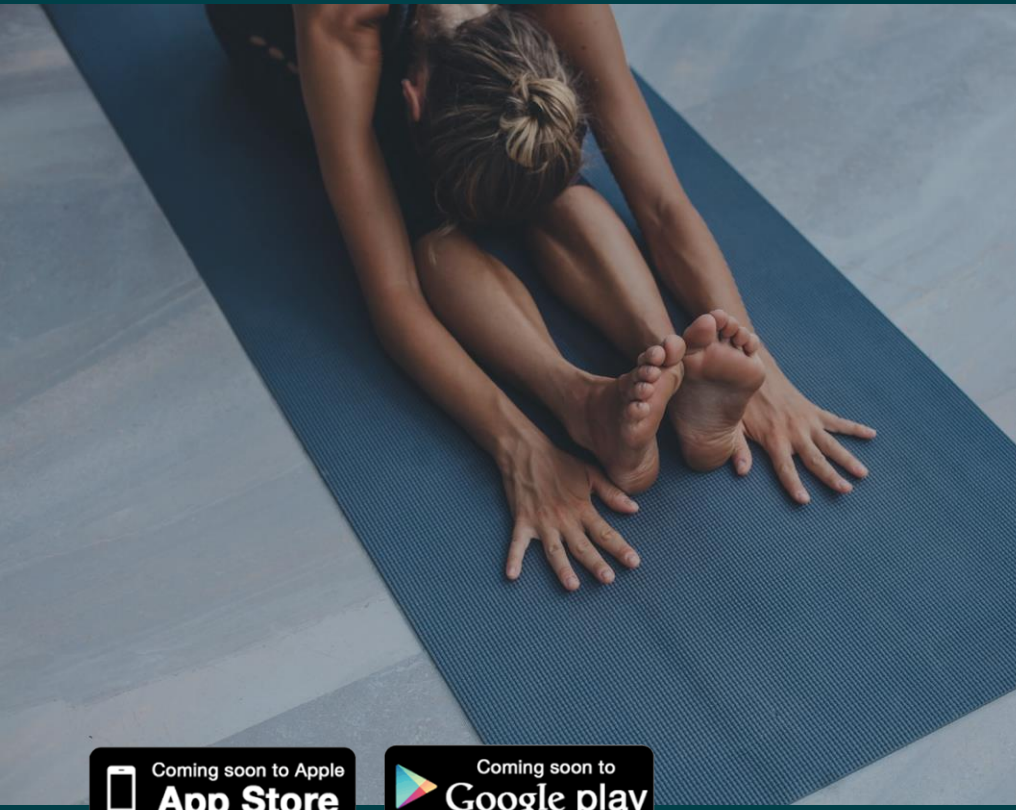
1. **Practicing Mindfulness** - with the reduced variety in daily events and consequent monotony in one's personal life, it is easy to lose interest and awareness in what is happening around you. However, the practice of mindfulness could turn the next few months into something much more eventful, where monotony becomes serenity and peace, and a time for true reflection and monitoring of the environment without the time pressure and fast-pacing of the usual life. This slower pace of daily life gives you an opportunity to reflect on yourself and where you are in life, as well as appreciating the things that are easy to take for granted.
2. **Recognise Stress and Negative Emotions** - pandemics create an environment that is far from comforting; where if you are not worrying about yourself, you are worried about others. It is key to recognise these emotions when they occur and appreciate them for what they truly are. You should not ignore or belittle any feelings of stress, but instead acknowledge their existence and, in doing so, they will disperse.
3. **Kindness Towards Others** - studies have consistently shown how being kind towards others has positive effects on mental health. By doing things like
 - Listening to other people's problems via calling or messaging them
 - Aiding people financially through donations
 - Carrying out chores for people in the same house such as cooking and cleaning
 - Above all - make both strangers and loved ones feel appreciated. A quick message to say 'thinking of you' or a simple hello whilst walking to the shops can sometimes be all it takes.
4. **Develop a Hobby** – this one is so simple, yet we are usually quick to forget it because of our crowded schedules. The benefits are profound when it comes to people regularly engaging in a hobby they enjoy. One study found that the positive benefits of creative play, as demonstrated through hobbies, can carry over to the next day as far as wellbeing and satisfaction are concerned (S. Conner, 2016). Now more than ever, is the time to take advantage of this benefit.

I wanted to keep these practices nice and simple so that you can start applying them as of today. You will definitely start feeling a lot better for it. Thank you for reading, and have a great day!

Ahmed,



@thelyfeclub



Coming soon to Apple
App Store

Coming soon to
Google play

Life has never been
so rewarding