

How to stay mentally fit during quarantine

Many of us are having to rethink the way in which we're going about our daily lives during the quarantine period. Staying at home with little person to person contact, can be a recipe for disaster as far as our mental health is concerned, if we are not careful with the choices that we make during this time.

Here are 4 essential things that you should be doing in order to stay mentally fit during the quarantine period.

Exercise - even though we need to socially distance ourselves, that shouldn't stop you from doing exercise. The standard recommendation for adults is to do at least 2 and half hours of moderate intensity aerobic activity each week and 1 hour 15 mins of vigorous intensity aerobic activity too. Aerobic activity means doing things like cycling, running or even fast walking, and whilst the current UK government guidance is to stay at home, you are still allowed out to do these things as long as it's just once per day, and if you do it alone. Exercise releases neurotransmitters in to your body, such as dopamine, adrenaline, and serotonin, and this is why you feel good during and after a good workout.

Diet – there is now so much research and evidence showing that there is a huge link between mental health and diet. Making sure that you are eating healthily is also important for boosting your immune system making you less susceptible to catching the virus too. Just stick to the same nutritional advice that you should be following anyway, sticking to a whole foods, minimally processed diet, and eat a variety of fruits and vegetables to avoid nutrient deficiency.

Outdoors – The current UK government recommendations are to only go outside for food, health reasons or work, but if you have a garden utilise it as much as you can and if you don't, open the curtains indoors to let in as much nature light as you can and sit next to windows. This is really important because the literature repeatedly shows how being outside really benefits you. You feel more attentive, you feel less stressed and have improved cognition, these things have all been well documented. Even just looking out the window comes with significant health benefits.

Relationships – If you're at home by yourself it can feel really lonely, or if you live with a bunch of people it's easy to get bored and frustrated with them if they're the only people you are seeing and speaking to. Just because you need to stay at home, this doesn't have to mean staying out of touch with people. One of the most amazing things with social media is how easy it is to connect. Reach out to people more regularly than you would usually. Human beings are evolutionarily hardwired for empathy and relationships and we rely on these to regulate our emotions through something called the mirror neuron system. Use text, call, FaceTime etc to stay in touch and don't feel silly about reaching out. We're in this together and by you reaching out, you are also signalling that you are there for them and this will ensure you that will help each other through these tough times.

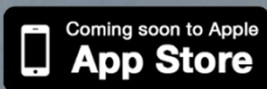
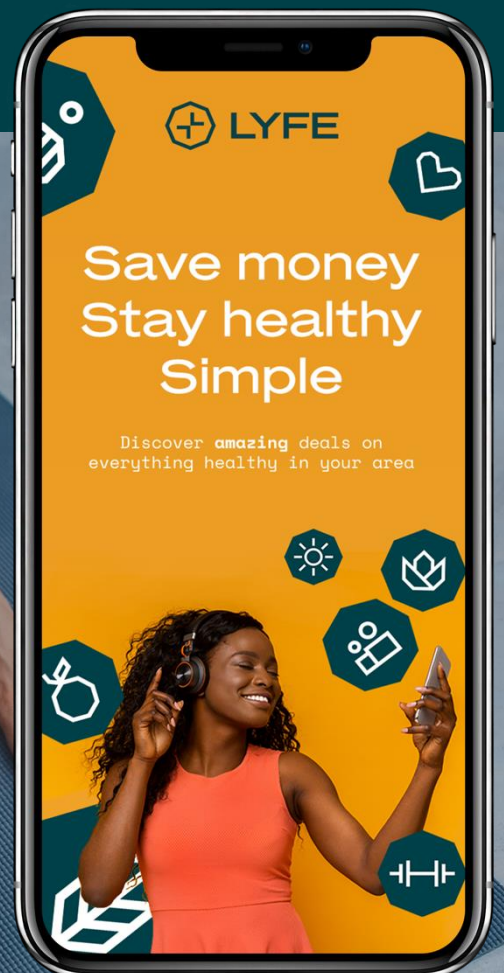
Every morning and every evening just do a quick 30 second check to make sure that you're taking care of these 4 areas – your mind will thank you for it in the long-run.

Stay fit,
Stay present,

Tobias,



@thelyfeclub



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so rewarding