Counselling Service

Managing Day to Day Self-Isolation

Having a daily routine daily, things to look forward to and making healthy choices can improve your wellbeing during self isolation.

The Counselling Service is available for Phone Consultations

To request a Call-Back please go to:
https://www.maynoothuniversity.ie/node/394198/

Be Proactive — What I Can do Is:

The key to managing our mental health whilst in Lock Down and/or Self Isolation is to keep a routine.

If you work out a schedule that makes sense of your current living situation then you might find yourself looking forward to the “little things” in life we often wish he had — like time to rest; to engage in a hobby or finish a project.

Managing how we are feeling and dealing with perhaps our own, or others concerns or feelings, might require us to review our communication. This is a time for us all to try to tune into our own awareness of how we are feeling; noticing or asking how the people in our lives are coping and communicate in the best way we can to support each other.
Connection

- Organise a get together online or a phone call, seeing a friendly face helps you feel connected.
- Play a board game with your family, especially the younger brothers/sisters.
- Talk to your neighbour across the fence/field.
- Stay connected to your Department for updates.
- Do a virtual tour of historical building.
- Sign up for a webinar.
- Organise a Study Group.
- Use this time to improve on a skill or learn a new one.

Tips to Improve your Sleep

- Maintain a regular sleep and wake-up time 7-8 hrs.
- Create a good sleep Environment.
- Distract your mind. Try reading or listening to music or using relaxation techniques.
- Write it down what is on your mind may help or a to-do list.
- Avoid caffeine and alcohol close to bed time.
- Avoid large meals before bedtime.
- Avoid strenuous exercise within four hours before sleep.
- Minimize light, noise, and temperature in the room.

Do Not Stay in Bed—Keep a routine—get up get dressed engage with the day.
Diet

♦ Have a look at the food pyramid and see how you are managing to balance your diet.

♦ Prepare or cook meals, it’s cheaper and saves time so you are prepared for the next day.

♦ Eat more Fruit and Veg. Plan your menu for the week, avoid comfort eating.

♦ Try out an alternative snack to fast foods, sweets or chocolate why not opt for rice cakes, nuts, seeds or dried fruit.

♦ Ask a your family/ friends to show you recipes for healthy meals.

♦ Stop Smoking or join a support group online to quit smoking.

♦ Take a month off alcohol. Plan your menu for the week.

https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/Food-Pyramid-leaflet.pdf
Rest & Relaxation

- Listen to music.
- Reduce monitoring of News.
- Paint or draw
- Hang out with your pet
- Breathe—in for 7 out for 11
- Admire architecture/nature/art.
- Drink herbal tea
- Read a book or magazine
- Meditate/ or use Mindfulness
- Switch off from complex thinking & multi-tasking

Exercise

- Take the Stairs as often as possible.
- Walk or cycle (mindful of no’s and distance jog on the spot).
- Gardening or housework can be as physically taxing as a trip to the gym.
- Go for a walk after your dinner.
- Organise a fitness challenge to suit you (from home) with friends.
- Use an exercise app/ U-tube for home exercise.
- List any excuses you may have and notice them before you opt out.
- Tell people you are increasing your exercise—you may get the momentum going.
- Drink plenty of water